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11th March 2019

Dear Parent/Carer,

Gospel Reading – Luke 4:1-13

Jesus Is Tested in the Wilderness

4 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

³ The devil said to him, "If you are the Son of God, tell this stone to become bread."

⁴ Jesus answered, "It is written: 'Man shall not live on bread alone.'"

⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶ And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours."

⁸ Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. ¹⁰ For it is written:

"He will command his angels concerning you
to guard you carefully;

¹¹ they will lift you up in their hands,
so that you will not strike your foot against a stone."

¹² Jesus answered, "It is said: 'Do not put the Lord your God to the test.'"

¹³ When the devil had finished all this tempting, he left him until an opportune time.

During this reading, we reflect on temptation, which is very appropriate as we are in Lent and some of us may feel tempted because we have given up something that we really enjoy. Jesus is said to be tempted over a forty day period. This is likely meant to echo the forty days Moses spent fasting while writing the covenant for the people of Israel (Exodus 34:27-28), and it also is reminiscent of the forty years the Israelites spent in the desert experiencing their own temptations. How can the account of Jesus' temptation lighten our own experience during Lent?

Unlike Jesus, we will doubtlessly fail at times. Lent is the time for confessing our failures and redirecting our steps to the way of Jesus. And through the power of the Spirit, we, too, can resist the temptations of the devil.



Newham London

Headteacher: Ms Natasha Scott



Well-being Week

At St Francis' we believe the wellbeing of teachers, and head teachers, midday assistants, cleaners and parents is essential to the wellbeing of the rising generation. This year we have been looking carefully at what we can do to encourage a greater level of well-being in our community. As a result we will be focusing on this during our Well-being Week - the week beginning 18th March 2019.

The week will have a different focus each day as follows:

Monday - Connect: Mark Worsdell, our Food Ambassador will deliver two healthy eating assemblies on about the importance of eating well and exercise. He will also bring a smoothie bike that the children can try at lunch time.

Tuesday - Get Active: On this day we will encourage children to travel to school via bike/scooter/walk. In class we will have short exercise starters, first thing in the morning and after lunch. During the children's lunch break - our sports coaches will lead exercise/dance classes in playground.

Wednesday - Be Mindful: The focus for this day is mindfulness. After lunch, pupils will listen to a mindfulness podcast or meditate.

Thursday - Keep Learning: In year groups we will have a general knowledge quiz

Friday - Give to Others: On this culminating day will be looking at ideas to raise money for others in need.

Book Weeks

The children have had two weeks of very exciting celebrations of reading and books! Thank you to all the parents who supported World Book Day by ensuring that their children attended school dressed as a book character. It was a good day and the children always enjoy transforming themselves into their character.

Playground Bagels

Starting Monday, 18th March (please note change in date), we are very happy to invite your child to our fantastic new free breakfast provision! Each morning starting at 8:40, bagels will be served in the playground as the children arrive, and before they go into class, offering every child great fuel for learning.

Research has shown that children who have a healthy breakfast achieve more at school so make sure your child doesn't miss out! But please note we will stop serving breakfast at 8:55am so please make sure your child is in school before that time!

Class Assembly

There will be a class assembly for **Reception D Friday, 15th March 2019** at 9:05 am; parents with children in this class are warmly welcome.

There will be a class assembly for **Reception E Friday, 22nd March 2019** at 9:05 am; parents with children in this class are warmly welcome.

N. Scott
Head Teacher

