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18th March 2019

Dear Parent/Carer,

Gospel Reading – Luke 9:28-36

The Transfiguration

²⁸ About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. ²⁹ As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. ³⁰ Two men, Moses and Elijah, appeared in glorious splendour, talking with Jesus. ³¹ They spoke about his departure,^[a] which he was about to bring to fulfilment at Jerusalem. ³² Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. ³³ As the men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

³⁴ While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. ³⁵ A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." ³⁶ When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

The event happens on a mountain, a place of special revelation. Both Moses and Elijah had received revelation on mountains. Moses received the Ten Commandments on Mount Sinai (Exodus 20:1-17). Elijah fled to Mount Horeb, and there God spoke to him in "a sound of sheer silence" (1 Kings 19:12, NRSV; RSV: "a still small voice"). It is those two men who appear on the mountain with Jesus and his companions.

First, there are the disciples--Peter, James, and John. They are amazed at what they see. They are happy to see Jesus glorified. He had talked previously about his forthcoming suffering and death. But that is horrible, and now for at least a moment it appears that all that can be bypassed. Jesus is in glory already, and they are with him. They want to camp out with him on the mountain. That is a natural reaction. People seek inner peace, and they try all kinds of things to achieve it.

Second, Moses and Elijah are present. They talk with Jesus. They know the mind and will of God. They speak of Jesus' forthcoming "exodus" or "departure," his forthcoming death and resurrection, which Jesus had spoken of before going up the mountain (9:22). They confirm that this is the will of God for him. The way of God for Jesus cannot bypass the cross. How in touch are we with the will of God in our lives? Is it a constant battle between our will and his will?

Finally, there is the cloud and the voice. God speaks of Jesus as his Chosen One, for Jesus has accepted



Newham London



Headteacher: Ms Natasha Scott

his role. Moreover, the disciples of Jesus are to listen to him. What he has said about himself and what is to happen is God's will. What he says about discipleship is also to be heeded. All his teachings about love for God and for our fellow human beings are to be observed.

Let us follow them so long as they follow Christ. But let it be our principal aim to hear Christ's voice, and follow Him wherever He goes. Let some talk, if they will, of the voice of the Church. Let others be content to say, "I hear this preacher, or that clergyman." Let us never be satisfied unless the Spirit witnesses within us that we hear Christ Himself, and are His disciples.

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 children to travel to school via bike/scooter/walk. In class we will have style short exercises 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

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 8:50am** so please make sure your child is in school before that time!

Class Assembly

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



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