



ST JAMES'

CATHOLIC HIGH SCHOOL

5th February 2024

Dear Parent/Carer

Re: Celebration of the Word

Here is the final weekly update of this half term on our prayer focus for the week.

This week's Celebration of the Word focuses on Mental Health and Wellbeing week. This week staff will remind children of the important Catholic Social Teaching principle of Dignity because they are all created in the image and likeness of God. There is a beautiful passage taken from Psalm 34:17-18 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit." As we delve into the sacred scriptures, we are reminded of the comforting words from the book of Psalms. In moments of distress and mental anguish, we are assured that God is not distant, but rather, He is intimately close to the brokenhearted and those who feel crushed in spirit. Our faith teaches us to seek solace in God's love and to find strength in prayer. We are invited to acknowledge the intricate connection between our physical, emotional, and spiritual well-being. God's healing touch extends beyond the physical realm; it encompasses the depths of our minds and souls. In times of darkness, we are not alone and our faith calls us to support one another, fostering an environment of love and understanding. In school and beyond, we encourage our children to do this, remembering that God is never far away.

Our end of the day prayer for February and our lunchtime prayer are as follows. End of day prayer for January:

End of day prayer for February:

Holy Family of Nazareth, make our family one with you. Help us to be instruments of peace.
Grant that love, strengthened by grace, may prove mightier than all the weaknesses and trials
through which our families sometimes pass.

May we always have God at the centre of our hearts and homes until we are all one family, happy
and at peace in our true home with you.

Amen.

Lunchtime prayer:

Bless us, Oh Lord,
and these thy gifts which
we are about to receive from thy bounty,
through Christ, Our Lord.

Amen.





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We are always happy to receive feedback so please do get in touch if you have any comments or queries, my email address is c.pickles@stjamesheadle.co.uk

Yours faithfully

Mrs C Pickles
Senior Deputy Headteacher



With God
all things are possible

Matthew 19:26