

*We aim to be the school of choice for our community.
Through living our Christian values, everyone at WCEJS has the opportunity to flourish.
We nurture the curiosity to learn, the courage to lead and the compassion to care.*

Building solid foundations (Matthew 7: 24-27)



Lent 2023

Respect

Responsibility

Reflection

Resilience



Last half term, we thought a lot about how we can grow spiritually. We used our school model to think about the four different areas. We will continue this work over the next four weeks of Lent.

What is Lent?

Lent is a time for reflection. Many people will give something up for the forty days and forty nights of Lent. This reminds them of the time Jesus spent thinking in the wilderness and the temptations he was able to resist.



Our Community Challenge

For Lent this year, rather than giving something up, we are setting a challenge for the whole school community – one challenge for each of the forty days. Some of the challenges are on the next few slides.

The challenges are there to help us become more compassionate – one of the virtues that is in our school vision. Compassionate to ourselves, to each other and to our world.

As a class, think of some more challenges - your Worship Leads will write these down and give them to the school office.

Weekly Reflection

How will you try to grow during Lent?

**Will you be more compassionate to yourself,
others or the world?**

What will you do?

**Eat everything you
take today, even if
you don't like it.**

**Upcycle or recycle
something you
find today.**

**Be kind to
everyone you
meet today.**

**Do not drop any
litter today.**

**Pick up 3 pieces and
bin / recycle them.**

**Spend half the time on
devices you normally would –
read a book in the extra time
you've created.**

**Donate something to
charity – you could
find something you
don't use anymore.**

**Do something
without being asked
to do it.**

**Do not gossip today. Only
say something if it is True,
Helpful, Inspiring,
Necessary or Kind.**

**Exercise today – do
something physical
to look after
your body.**

**Take 10 minutes
out today to just sit
and think in
silence.**

**Do something for
someone else
without expecting
reward.**

**Think of something
you did well today
and pat yourself on
the back.**