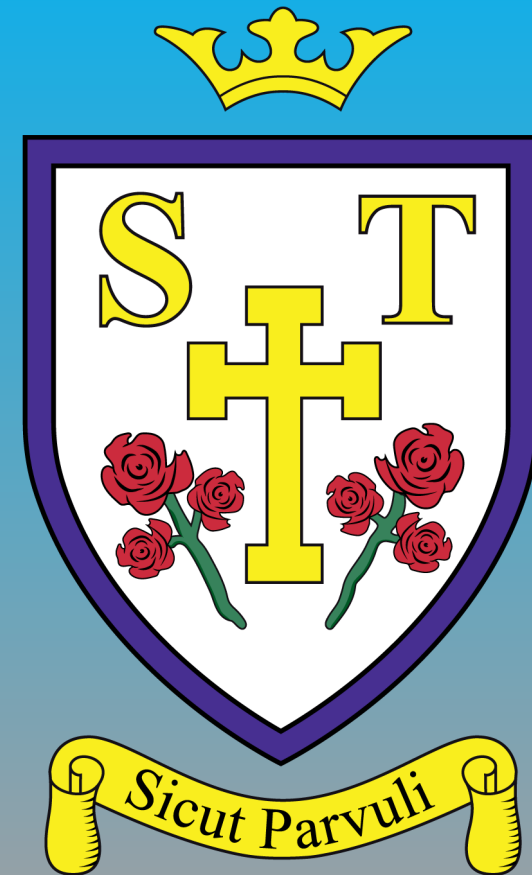
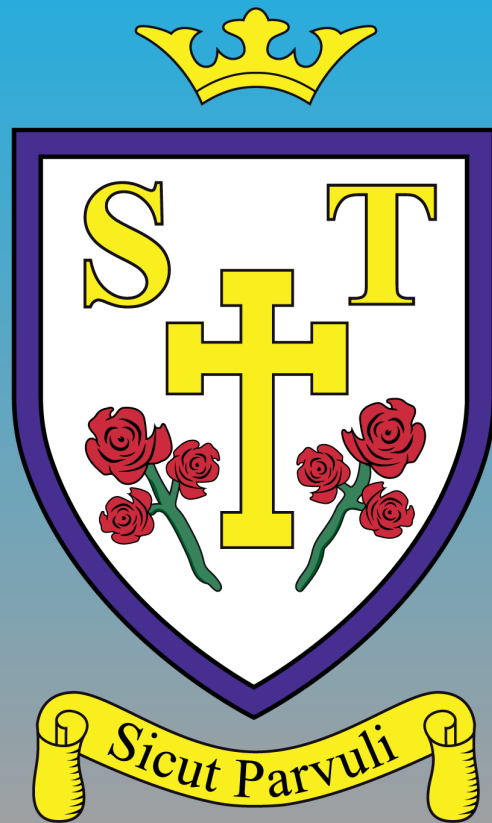




St Teresa's Catholic
Life newsletter
Spring 2026

Year 4 Mosque Visit



On Tuesday, 13th January, Year 4 visited Masjid E Salihien on Grafton Street, Preston. The children were given a guided tour of the mosque by the Imam, who explained the key features of the building and the importance of prayer in daily Muslim life. Some pupils were able to observe and take part in the washing (wudu) that takes place before prayers, and they learned about the Qur'an, the rituals of worship and the significance of Hajj. The children's behaviour throughout the visit was excellent, and they asked many thoughtful and respectful questions.



Spirituality afternoon



On Tuesday 31st March our Mini Vinnie group led a spirituality afternoon for the whole school. The children worked in groups to plan, deliver and resource 10 different prayer and liturgy sessions. The children spent the afternoon moving around each station. It was a lovely afternoon where the children were able to be still and present and enjoy their friendship with God.

A big thank you to the Mini Vinnies for engaging in this so beautifully and enthusiastically. We are very proud of you!

CAFOD non uniform day

To conclude our Big Lent walk we celebrated by wearing our own clothes in school. We did this to raise money and awareness of CAFOD and all the wonderful work they do to help our global neighbours.

We also invited in a volunteer from CAFOD who spoke to the whole school about the importance of CAFOD and how the money we raised as a school would be spent. It was an inspiring assembly and made us very proud to support such a worthy cause. We raised £337.20!



Year 4 service of Reconciliation

On Thursday 12th March, our Year 4 pupils who are part of the Sacramental Programme spent the day at St Teresa's Church for their special retreat. They worked with Fr Ian and the parish catechists, taking part in a series of reflective activities that helped prepare them for the next step in their faith journey. The day concluded with a beautiful Service of Reconciliation, during which the children made their First Confession. They represented our school wonderfully.



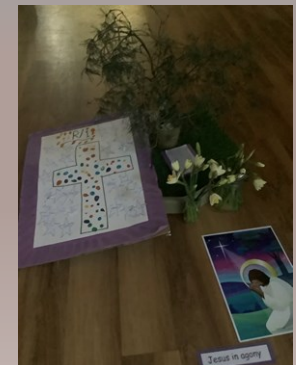
Mary's Meals visit to Year 5



As part of their R.E. topic Desert to Garden, our Year 5 class have been learning about the three pillars of Lent: Prayer, Fasting and Almsgiving. This week, they focused on Almsgiving and on Wednesday 18th March, welcomed volunteers from Mary's Meals - a global charity that provides daily school meals to children in some of the world's poorest communities. The volunteers explained how their work reflects CAFOD's Catholic Social Teaching by promoting dignity, supporting the poor and vulnerable, and encouraging solidarity with others around the world.

Stations of the Cross

On Thursday 26th March each class contributed to creating a beautiful and reflective Stations of the Cross display in the school hall. Throughout the day, classes visited the hall to take part in prayerful reflection, with our Mini Vinnies leading thoughtful prayers at each station. The atmosphere was peaceful and reverent, offering pupils a meaningful way to prepare for Holy Week. We were delighted to welcome parents to join us at the end of the day and we thank you for sharing in this special time with us.



Year 2 Synagogue Visit



On Monday 23rd March our Year 2 children went on a visit to the synagogue in Southport. They were welcomed warmly and given a guided tour, learning about the significance of the Torah and seeing it being carefully stored and handled. The children explored important Jewish traditions, looked closely at symbolic objects, and gained a deeper understanding of how Jewish people worship and celebrate their faith. It was a memorable trip that broadened their understanding of different religions and cultures.

Year 5 Hindu Temple visit



Over the last two weeks, 19th March and 24th March, our Year 5 children have visited the Gujarat Hindu Society temple, where they learned about the Hindu religion and its key values. Experiences like this help broaden their understanding of different faiths, encouraging empathy, respect, and open-mindedness by learning directly from others.

This visit links closely to our commitment to promoting the Catholic Social Teaching values of solidarity, dignity, and the common good. It also supports our work towards achieving the Lancashire Equality Mark, as it reflects our aim to celebrate diversity, challenge stereotypes, and ensure all children understand the importance of treating everyone with kindness and respect.