



CHRIST THE KING CATHOLIC PRIMARY SCHOOL

Headteacher: Mrs Clare Tickel

Deputy Headteacher: Mrs F. Perry

Assitant Headteacher: Mrs M. Lord

Durdells Avenue Kinson Bournemouth BH11 9EH Tel.(01202) 574277

Fax. (01202) 594114 e-mail christthekingrc@ctkeps

Diocese of Plymouth, registered charity number: 213227

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Dear Parents,

During this season of Lent, the 40 days between Ash Wednesday and Holy Thursday, the children will all be making Lenten Promises. This is a pledge that they will give up something that they really enjoy; biscuits, chocolate, sweets, crisps or reducing the time they play on devices each day. The children can then bring in some of the money that they would have spent on those items and donate it to the CAFOD Family Fast Day Appeal. CAFOD is the Catholic Agency for Overseas Development and supports deprived communities to become more self-sufficient by providing them with things such as; immunisations for children, a goat for a family to provide them with a source of milk.

Family Fast Day is on Friday 15th March and children can wear an item of purple as a reminder that they are giving something up in Lent. The children will already be wearing mufti clothes on this day.

You can have a look at cafod.org.uk if you would like to see more information and find out about the GIVE IT UP Challenge this Lent.

Your continued support is greatly appreciated,

With warmest regards,

Mrs Melanie Lord

RE Leader