

# St Philip Howard

## Catholic Life

### Newsletter

ST. PHILIP HOWARD  
CATHOLIC VOLUNTARY ACADEMY



Team SPH - Heads, Hearts, Hands  
Together on the Success Journey

Welcome to this Academic year's first addition of the SPH Catholic Life Newsletter which provides information on our collective Worship, charity and community events. as well as different ways we live out the principles of Catholic social teaching.



# WORSHIP

2024		October				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	01 St Therese Lisieux	02	03	04 St Francis of Assisi	05	06
07 Lady Of The Rosary	08	09 St John Henry Newman	10	11	12 Blessed Carlo Acutis	13
14 <i>Mass 7FI</i>	15	16	17	18 St Luke, Evangelist	19	20
21 <i>Mass 8CA</i>	22 St John Paul II	23	24	25	26	27
28 St Simon & St Jude, Apostle, Martyr	29	30	31	01	02	03
04	05	Notes:				

Our Mass calendar shows which classes and year groups will be attending Mass and when Masses are celebrated at St Mary's Church. Parents and carers are invited to attend. However, Mass days and times may be subject to change due to Parish commitments. Please check the Parish newsletter for weekly updates regarding this.

2024		December				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	01 Feast Day Campion
02 <i>Mass 10CO</i>	03	04	05	06	07	08 Second Sunday of Advent
09 Immaculate Conception Of Our Lady	10	11	12 Solemnity patronal Feast Of The Diocese	13	14	15 Third Sunday of Advent
16 <i>Mass 10FI</i>	17	18	19	20	21	22 Forth Sunday of Advent
23 <i>Mass 9CA</i>	24 Beginning Of The Jubilee Of Hope 2025	25	26	27	28	29
30 <i>Mass 9SO</i>	31	Notes:				

2024		November				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02	03
04 St Charles Borromeo	05	06	07	08	09	10
11 <i>Mass 8CO</i>	12	13	14	15 St Albert The Great	16	17
18 <i>Mass 8FI</i>	19	20	21 Presentation of the Blessed Virgin Mary	22	23	24 Christ The King
25 <i>Mass 10CA</i>	26	27	28	29	30 St Andrews, Apostle, Martyr, Patron St of Scotland	01
02 <i>Mass 10SO</i>	03	Notes:				

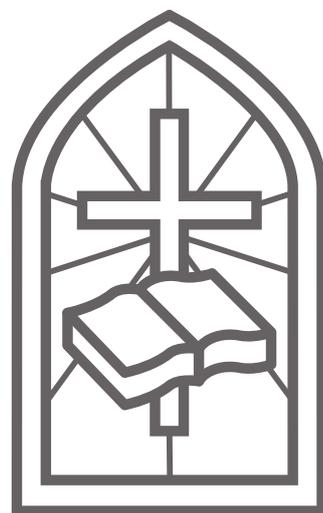
# Catholic Life

## Liturgical Celebrations

### *Advent Term*

We will be starting the academic year in the Advent term

- The word "Advent" comes from the Latin "advenio," meaning "to come to," and refers to the coming of Christ.
- The Advent period reminds Christians to remember and prepare for the celebration of Jesus' birth and His triumphant second coming.
- In the four weeks leading up to Christmas to remember and prepare for ourselves spiritually for Jesus' birth and the church invites us into a period of prayer and reflection throughout this time.
- During this time, we will engage in Masses at Church, attend Advent Liturgies and celebrations of the word and our final end of term celebrations of Advent Masses for the Parish will take place in school.



## Prayer and Liturgy

Our weekly reflections remain a meaningful part of our liturgical prayer at SPH, allowing all in our school community learn about and reflect on relevant liturgical themes and feast days within that week. The key themes are listed below:

### **Weekly Reflections**

9/09- Encounter: To encounter Christ to have a personal experience of God's love and presence.

16/09 - Identity: A sense of who we are as individuals

23/09 - Understanding: The ability to grow in awareness of one another and the world around us.

30/09 - Solidarity: The feeling of unity and support of others.

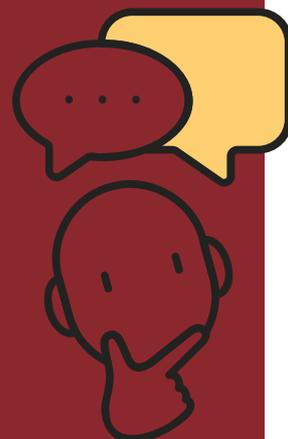
07/10 - Rosary: A prayer that we can all use to meditate on the life and death of Jesus Christ.

14/10 - Poverty: In the Catholic faith we are called to care for the poor and try to end poverty.

21/10 - Service: This is an act of helping others, even when it means to sacrifice ourselves.

4/11 - Accompaniment: The act of working with someone on their journey.

11/11 - Remembrance Day: We remember the saints, and those who have died and the events of our history.



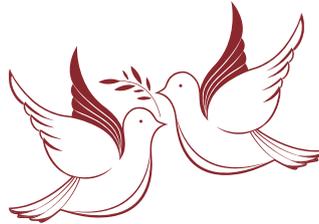
# All Saints Day

All saints day is where we celebrate all the Saints and martyrs throughout Christian Life, this commences on the 1st of November.

This is then followed by All Souls day on the 2nd of November by commemorating those who have passed away. At SPH, we will remember them in our morning prayers and worship throughout the school week.



Students gathered in the school gym for assembly to celebrate All Saints' day to share in prayer and worship.



## Grace Before Meals



**' Bless us, O Lord, and these your gifts which we are about to receive from your bounty. Through Christ our Lord. Amen'**

Grace before meals is said everyday during period 3 lesson, in order to give thanks for the food we are about to receive



## Our parish church St Mary's

Year 11 students recently took their Religious Education lesson beyond the classroom walls and into the heart of our local Church to explore its architecture and features, This hands-on experience provided an invaluable opportunity for students' to see and engage with the elements they study in RE.

As they explore the Church, students observed significant features such as the altar, lectern, tabernacle, and Stations of the Cross. Being physically present helped them appreciate the beauty and purpose behind these sacred features.



# THE SAINTS OF SPH

St Philip Howard - St Philip Howard, the Saint after whom the school was named, was imprisoned in the Tower of London in 1585 for being a Roman Catholic. He was tried for high treason; found guilty, fined £10,000 and condemned to death. In the Tower of London, he was kept constantly in fear of execution for 10 years. Queen Elizabeth I said that if he attended a Protestant Service, he could see his wife and son and his honours would be restored but Howard responded: 'If my religion be the cause for which I suffer, sorry I am that I have but one life to lose'.

## Form Saints

### St Edmund Campion



St. Edmund Campion was part of a group noted for its educational, missionary, and charitable works. Campion joined the first mission to minister the Catholics of England who were strictly forbidden to practice their religion.

After preaching at secret Catholic meetings, Campion created a sensation by having 400 copies of his pamphlet denouncing Anglicanism, distributed before a service in Oxford.

Under severe torture he refused to give up his religious convictions and was convicted of treason.

He was executed by being hung drawn and quartered.

### St John Fisher

Saint John Fisher was an English Roman Catholic Bishop, Cardinal and Martyr.

When the question of Henry's divorce from Queen Catherine arose, Fisher declared that he was ready to die if marriage could be dissolved.

He was executed in the Tower of London by King Henry VIII for refusing to accept Henry as Head of the Church of England. Fisher was taken from his cell to be executed for treason. He was so weak that he had to be supported but clung onto his copy of the New Testament. John Fisher was canonized a Saint due to his example of learning, holiness, faith, loyalty and courage.



### St Robert Southwell



Robert Southwell, English poet and martyr, is remembered for his saintly life as a Jesuit priest during a time of Protestant persecution.

He was ordained a priest and made prefect of studies at the English College at Rome.

He returned to England as a missionary when he became chaplain to Anne Howard and spiritual adviser to her husband, the 1st Earl of Arundel (St Philip Howard).

He was tortured in an attempt to make him reveal the whereabouts of his fellow priests and imprisoned in the Tower of London in solitary confinement.

In 1595, he was tried for treason and executed. Southwell was arrested in 1592 while celebrating mass.

### St Margaret Clitherow

St Margaret Clitherow was brought up in Protestant England and converted to Roman Catholicism.

She refused to attend the Anglican Church and was repeatedly fined but was later imprisoned for nearly a year.

Clitherow allowed secret masses to be celebrated in her home, where she also hid Roman Catholic missionary priests.

After further imprisonments and releases, she was seized in 1586 and refused to make a plea stating that only God could judge her. She was executed by being slowly crushed to death with an 800-pound weight.





# SPH Feast Day



**St Philip Howard showed our key value of ‘responsibility’ as he gave up his own human desires in this life in pursuit of morality and commitment to his faith.**

He said: ‘The more affliction we endure for Christ in this world, the more glory we shall obtain with Christ in the next.’

On the 23rd October, students and their Form teachers commemorated St Phillip Howard and the Saints associated with each form. They also did this by creating door displays of their Saint and then delivering a presentation to the other year groups about the positive values each Saint demonstrated as examples for our own values in life.

Firstly in period 1, students learned about their Form Saint and how they showed responsibility.

Followed by period 2 and 3, which involved creating the moral for their door and a short presentation, that was then presented in assembly.

On Friday the 25th October, each Form Teacher then chose three of their most responsible students to join a rewards afternoon in the Hall.



## Pebbles for Permanence

Last year, on our St Philip Howard Feast Day, all students decorated a pebble in remembrance of a loved one or with a name or image of something which they wanted to remain with them as a symbolic of a person or memory they brought them comfort. The pebbles were arranged and cemented into a small rockery at Student Reception as a reminder every time students walk in and out each morning and the end of each day. Others are also to be added to our allotment as part of a peace garden.



## Remembrance Sunday



On Sunday the 10th November

Remembrance Sunday is marked on the closest Sunday to Armistice Day, also known as Remembrance Day. On 11th November we will remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. The day commemorates the contribution of British and commonwealth military and the civilian servicemen and women the the two World Wars and later conflicts.

In school assembly we will take a moment of silence to remember those we have lost, we will also be raising money for the British legion, by collecting denotations.

# Black History Month

In the month of October, students celebrated Black history month. Honouring the courageous and invaluable contributions of black individuals throughout black history. Students gained valuable insights into Black history throughout the whole of their curriculum, including, actives and challenges to complete during lesson time.



## National Inclusion Week

National Inclusion week is dedicated to celebrating inclusion by making spaces more inclusive to everyone. This will be celebrated from Monday 25th to Sunday 1st October.

**Day 1: Social emotional mental health - Peers will greet students at the door as they come in to lesson and ask them for a number between 1-5 to indicate how they are feeling, 1 being the lowest and 5 being the highest.**

**Day2: Cognition & Learning - Throw and catch questions, students will write on pieces of paper and throw into the middle of the room. Then students will pick closest to them and read allowed.**

**Day3: Physical & Sensory - Brain breaks are a powerful and effective way to address self - regulation needs. We can do by moving around, maybe do some jumping jacks.**

**Day 4: Communication and interaction - Try something different such as calming music, group discussions or role playing.**

**Day 5: No coping from the board! - This is working towards no pen day in November, students will not copy text from the board.**



## Mental Health Awareness

On Thursday, the 10th of October, we will be focusing on the health and wellbeing of ourselves and everyone around us. Our Catholic faith teaches us the importance of caring for our whole selves, including a mental and emotional health. Teachers and students are encouraged to wear something yellow to support mental health day. Students will be given activities to complete to help them focus on how we are feeling, expressing and communicating with others in a way that aligns with our catholic values. Prayer and meditation can be a powerful tool for managing stress and promoting mental well-being.

## SPH EXPERIENCE DAY

On our first SPH Experience Day of the year, Year 8 and 9 students embark on an enriching journey, visiting the International Slavery Museum in Liverpool and the National Holocaust Centre in Newark. These trips were carefully designed to deepen students' understanding of significant historical injustices while fostering growth in alignment with our Catholic values.

- Students explore the harsh realities of the transatlantic slave trade.
- They learned about the lasting impact of the slave trade on societies and cultures worldwide.
- The experience encouraged students to reflect on catholic virtues of justice and respect.
- It promoted empathy for those who suffered.
- students recognised the importance of equality and human dignity.
- Students gained insights into the horrors of the holocaust
- The experience served as a profound reminder of the need for compassion, forgiveness, and a commitment o peace.



## Macmillan Coffee Morning



### McMillan Coffee Morning 2024

This year we invited parents, governors and parishioners to our Coffee Morning at St Mary's Crowned Church. The Chaplaincy team organised the event and enjoyed welcoming and meeting their guests. We also enjoyed the music played by our accomplished pianists during the morning, we raised £240 to this worthy cause.



# Non - uniform Day with Donations

for our Uniform and Stationary shop.



On the 25th October students participated in a non-uniform day where they were encouraged to bring in stationary items as a contribution. In exchange for wearing their own clothes instead of the school uniform, students donated essential supplies such as pens, pencils and rulers. These contributions will be stored and made available by their head of year, ensuring that the students have the necessary tools to complete their school day.

## FAIRTRADE CAMPAIGN

Fairtrade Fortnight 9th-22nd September 2024

The Justice team participated in activities that raised their awareness of the Fairtrade 'Be The Change' Campaign. We need to make changes for a fairer trade to make sure that the people who produce the food we eat receive a fair price for their hard work. One of their favourite activities was tasting Fairtrade goods, especially the chocolate!



## PILGRIMAGE



## SPH PILGRIMAGE

Every week one form takes part in a pilgrimage around the school. This term we are focusing on our students' values, on each board there is a piece of scripture, associated text, questions, photos and finally a prayer.

# Advent Fundraiser

We are excited to announce the launch of our Advent fundraiser, a time for our school community to come together in the true spirit of giving. This year, we have invited each group to create Christmas hampers filled with essential items for our local food bank and families in need. Additionally, we are supporting the Ukraine Children's Shoebox Appeal, sending much-needed supplies and gifts to young people affected by the crisis in Ukraine.

The initiative is a meaningful way for students to put their faith into action and live out our SPH values of compassion, service, and solidarity. By participating in these projects, students not only provide valuable support to those in need but also reflect the true essence of the Advent season, preparing their hearts and minds in service to others. We are proud to see our students stepping up to make a difference, showing that even small acts of kindness can have a powerful impact on our community and beyond.



**Thank you for taking the time to read about the many events that we have and continue to take part in this Advent term. We continue to drive our motto: 'Team SPH: Heads, hearts, hands- together on the SPH Success Journey'.**

**We hope that you can see how each and every member of the team brings their ideas, values and actions together in unity for the success of our whole school and wider community.**

