

Help Make McAuley a Harassment Free School

don't be a  
bystander



be an  
upstander

**CALL IT OUT!**



The  
McAuley  
Catholic High School  
and Sixth Form  
DONCASTER



**Sacrifice**  
April  
i77

**Report any bullying or  
sexual harassment concern**

**M.**

# M. April 177

My last newsletter was written on Ash Wednesday, the beginning of Lent, since then we have got on with the business of teaching and learning. Learning comes in all shapes and forms and, particularly in a Catholic school, is never confined to just the academic curriculum.

As such, spiritual development, especially when we talk about well-being or mindfulness is really important. All our assemblies and acts of worship offer students the opportunity to think about the wider society and their place in it.

For example, assemblies a couple of weeks ago, were entitled 'Lenten **sacrifice** and how it can improve your life'.

Pope Francis said, "Lent comes to us as a time to change course, to recover the ability to react to the evil that always challenges us. Lent is a time to "turn away from sin."

We are hard-wired to believe that LENT is about giving something up.

**What, then, does "giving something up," have to do with the improving our lives?**

The best way for me to describe it is by using a simple method, the '1-1-1 Plan'. Three steps.

## **STEP ONE: GIVE UP ONE THING**

Giving up something for Lent has been in our tradition for centuries. The Lenten sacrifice plays a more significant role than just giving up chocolate. It focusses the mind and the heart and the spirit.

## **STEP TWO: PICK UP ONE THING**

Lent is not just about fasting and sacrifice it's about also about action. The next step is to add one habit that enhances your relationship with God. The objective isn't to create another commitment that drains your energy but to find one that gives you more of it. That empowers you and your spirit.

Pick up a habit that energises you and keeps your mind straight; one which makes you feel better about yourself

## **STEP THREE: FOCUS ON ONE SIN**

The last and most important step is to pick one thing that is actively working against you in your life. Which behaviours are you most ashamed of? Are you always angry? selfish? greedy? Do you turn to certain behaviours to fill the void inside? Do you damage things that don't belong to you? Do you rob other people of their time?

Do you say unpleasant things to others because it makes you feel better? What gets in the way of you being the best version of yourself? Pick one thing and name it. When you give it a name it becomes real. It exists. You know that it is not a good part of you and you can kick it out. Call it out!

Following this, extended form time gave students the chance to celebrate the positives but also reflect on the things that are getting in the way.

What can they focus on and improve immediately?

Our Lenten **sacrifice** gives us an opportunity to exercise our freedom and will power, building spiritual resiliency and old-fashioned discipline. Our young people are being encouraged to 'Call it Out' when they hear casual racist or sexist remarks or where they see anti-community behaviours in and out of school. This is an extension of our current work on bullying and sexual harassment. McAuley will always play it's part in preparing our young people to make lasting improvements to wider society and the world that they live in; and they do, every day. Our assembly and form time programme is integral to this.

There is so much to celebrate at McAuley and this latest SWAY newsletter will give you a flavour of that.

On behalf of all the staff and students we wish you all a joyous and happy Easter.

God Bless  
JohnR