

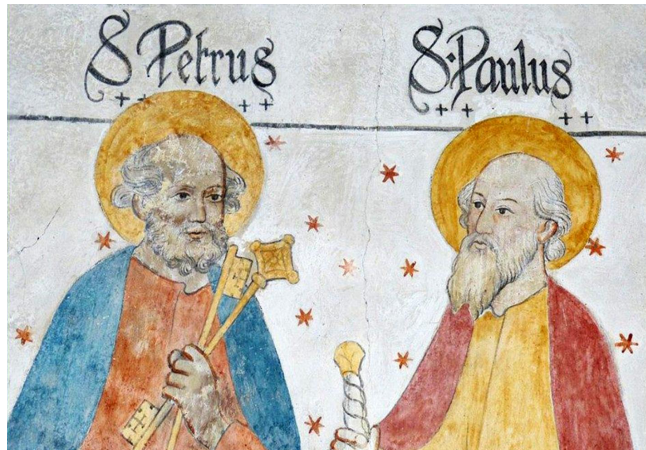
St Mark's Chaplaincy Newsletter

July 2021

Dear Parents and Carers,

Our third Chaplaincy Newsletter was shared with you in May - the weeks have flown by and we find ourselves at the end of another academic year that has certainly provided us all with many challenges!

After half term we celebrated the feast day of Saints Peter and Paul with a special assembly.



End of Year Liturgies.

This week we are holding our end of year liturgies. The Year 12 liturgy has been based around the Parable of the Mustard Seed. Jesus likened the Kingdom of God to a mustard seed. Seeds are small - many of them are tiny - yet each one has such potential. Jesus reminds us that, just like the seeds, we too must develop strong roots if we are to grow and flourish. We believe St Mark's is a place where students can develop those strong roots and go on to great things.

Although we have not been able to gather in Church, for our usual end of year masses, the Liturgy Choir were delighted to be able to come together for the second time this year to create music. Ms Jackson said, 'With a mixture of students from years 7-12 and 15 staff members we sang three songs and recorded them in the recording studio. We also made a video so now, as well as being recording artists, we have our very own music videos!'

We chose to end the Liturgy with '10,000 reasons', a song about the many things we have to be thankful for and, as part of our video, some year 7 and 8 students

shared what they are grateful for and reminded us of all the many wonderful things that have happened this year.

We look forward to hopefully singing together next year and finding new ways to praise the Lord with song.'



Social outreach and charity work



During this term, we have liaised with the ST VINCENT DE PAUL SOCIETY (SVP) in Ss Michael and Martin parish, to support families in need, through the donation of clothing. We look forward to being able to continue to support our local parish.

Pastoral Care

Spectrum Bereavement and Loss Programme

<https://rainbowsqb.org/>

All parents and students should now be aware of the launch of the Spectrum and Bereavement and Loss programme in September. There are still spaces for students to start in September. Please see the attached letters, at the end of this newsletter, for more details and email Mrs Morillon with any enquiries.

morillona@st-marks.hounslow.sch.uk

School Ministries

Most of our Year 8 students (soon to be Year 9) who volunteered for our Ministries programme, have now completed their Induction. In the autumn term we will have a mass in which they will be commissioned. We are excited about this new initiative that aims to get more students involved in the liturgical life of the school and the Chaplaincy. We pray that Delilah, Adrian, Igor, Kyesha, Matylda, Prylon, Jade, Evie, Rachel, Selase, Sian, Tony and Aneira will be happy in their roles and help us develop our student ministries (liturgical, service, hospitality) that serve to remind us that it is Christ that is at the centre of our school life.

They are busy writing welcome messages for our new Year 7 students!

Encounter with the Person of Jesus Christ

Praying with our creativity - an idea shared by the Jesuits in Britain.

[Praying with our creativity](#)

'Some people find creative expression helpful in prayer and you don't need to be an artist to find creativity helpful. This could include painting, drawing or making a collage. It could also include photography, sewing, or craft activities.'




Developing character through the Christian way of life

CAFOD's latest campaign is called:

Reclaim our common home

'We want to answer Pope Francis' call for us to build a new normal after the coronavirus pandemic – a better normal.'

Watch the video for young people here: [Eyes of the World animation | CAFOD](#)

 Reclaim Our Common Home | CAFOD

When we return to school in September we will be talking about COP26 and supporting CAFOD's campaign.

Find out more about COP26 <https://cafod.org.uk/Campaign/Climate/What-is-COP26>



Finally, here is a prayer for the beginning of holidays:

A Summer Blessing: Go With God

Go with God! This is a summer prayer for you.
Take it with you and keep it in your mind and heart.

As you leave school for the summer, and you lay aside
textbooks and notebooks and pencils and pens,
Go with God, for God goes with you.

As you begin new projects
Or a well deserved family vacation
As you meet and make new friends,
go with God, God will guide you.

As you enjoy the summer sun
and the summer's cool blue waters,
Be wise and safe.
Respect the beauty of the earth
as God's gift to you,
And go with God, for God has created you.

As you go to quiet places to reflect
and to pray,
To enjoy the peace,
And the beauty of private space,
And time off,
Go with God, for God always goes with you. AMEN

-Anon.

St Mark, Patron saint of our school. Pray for us.

Please remember if I can support you in any way do not hesitate to contact me.
My email address is at the bottom of this letter or you can just ring the school and
leave a message for Ivan.

I wish you all a restful and blessed summer holiday. Please be assured of my
constant prayers for you and your family,

Ivan Cizmarik
School Lay Chaplain

cizmariki@st-marks.hounslow.sch.uk

Attached letters regarding **Spectrum Bereavement Support programme** from Mrs. Morillon

We are pleased to announce the launch of an additional pastoral support programme for our students. In September we will be offering weekly peer support groups for our students who have experienced a significant loss or painful experience. The organisation behind the programme is called RAINBOWS. At secondary level, the groups are called Spectrum.

When something significant happens in a family, the entire family is affected. If a parent or sibling dies, a divorce or separation happens, or some other painful loss occurs, not only do the parents grieve, the children do also. Children and young people may find it extremely difficult to verbalise their feelings of grief because of their age and inexperience.

The Spectrum programme is a peer support programme which provides young people a trusted adult and group of their peers with whom they can work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

The support group will meet once a week after school for 12 weeks. Students will be grouped by age in groups of 5-7 students. Students will be asked to commit to a confidentiality agreement to ensure the programme is a safe space for everyone. The Catholic Children's Society have provided training to enable our school staff to effectively facilitate this programme. After our first groups in September, we hope to run this programme annually or termly depending on student uptake. It is advised that students take part in this programme a minimum 6 months after a bereavement has occurred, but your child may be ready before or after this.

If your child is interested in this programme, please ask them to complete the form below and return to Mrs Morillon via email : morillona@st-marks.hounslow.sch.uk

Students are not committed to the programme if they complete the form, it is simply an indication that they might be interested.

If you have any further questions, please do contact me.

Mrs A Morillon

Wellbeing Coordinator

morillona@st-marks.hounslow.sch.uk

Dear Students,

In September we will be launching a peer support group for students who have experienced a significant loss in their lives. This could be the death of a close family member or friend, divorce/separation in the family, adjusting to a step family, incarceration of a family member or moving away from a close extended family due to migration.

The Spectrum programme is a peer support programme which provides young people a trusted adult and group of their peers with whom they can work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

The support group will meet once a week after school for 12 weeks. Groups will be around 5-7 students of a similar age to you. All discussions in the group remain confidential to the group as the group is built to be a safe space for discussion. A small number of dedicated staff from St. Mark's have been trained to facilitate these groups. After our first groups in September, we hope to be able to offer these groups annually or termly depending on student uptake.

In preparation for our launch in September, we are now starting to identify students who may be interested. If you are interested in this opportunity, or want to find out more, please complete the form below and return to Mrs Morillon via email morillona@st-marks.hounslow.sch.uk

You are not committed to the programme if you complete the form, it is simply an indication that you might be interested.

If you have any further questions, please contact me.

Mrs A Morillon
Wellbeing Coordinator
morillona@st-marks.hounslow.sch.uk

Indication of interest in the Spectrum Bereavement Support Programme

Please return to Mrs Morillon

morillona@st-marks.hounslow.sch.uk

Name Form.....

Please indicate your loss:

Death of a parent	Death of another family member	Migration away from close family
Death of a sibling	Divorce/Separation in the Family	Another experience of loss
Death of a friend	Incarceration of a family member	