

February 2026

February brings the first signs of Spring and new life, and our resources offer gentle inspiration for learning and growing. This month invites children to reflect on how we can be encouraged by the lives of the saints and faithful followers of Jesus.

As the month continues, we begin Lent, a time to prepare, pray and renew our friendship with God. Through the Lenten assembly series, children explore what it means to say “Yes!” to God, and the series of daily prayers helps them grow in confidence as they walk along with Jesus on their Lenten journey.

This newsletter shares some of the content children will experience in school throughout February, and suggests ways for you to engage with them about it. We hope it is a useful resource for your family prayer time.

FRASSATI - THE MAN OF THE BEATITUDES

In the week beginning 2nd February, children are introduced to Jesus’ teaching in the Beatitudes (Matthew 5:1-12), learning that true happiness comes from friendship with God and choosing ways of living that reflect the Gospel.

Through the example of St Pier Giorgio Frassati, children see how we can put others first through simple, thoughtful choices, allowing the Beatitudes to guide our own words and actions. You might want to watch our video about St Pier Giorgio on the Online Parent Portal and discover how he received the title ‘man of the Beatitudes’.

With your child/ren, you may also like to...

- *Talk about the word “blessed” in the context of Jesus’ words (which is also translated as ‘happy’) and what this might mean in everyday life.*
- *Share examples of people who, like St Pier Giorgio, show kindness quietly and consider small ways to put others first during the week.*

SALT OF THE EARTH

The assembly for the second week of February, gives children another opportunity to reflect on Jesus’ words: “You are the salt of the Earth.” (Matthew 5:13-16) Just as salt enhances and brings out the best in food, Jesus calls us to consider how our words and actions can bring out the best in themselves and others.

Children learn that they can be a positive influence on others as they grow in faith and love, and that even small actions can help to brighten the world around them.

With your child/ren, you may also like to...

- Try a simple cooking activity together, noticing how a little salt changes and brings out the flavour of food, just as through following Jesus we can help bring 'flavour', to enhance our lives and the lives of others.
- Talk about how small acts of kindness and encouragement can make a difference to others, and think of ways they can help people this week.

CONFIDENCE IN GOD'S WORD

This month's daily prayers help children begin Lent by thinking about having confidence in God's Word. They learn that in the desert, (Matthew 4:1-11) Jesus remembered the Scriptures, finding strength to resist temptation and choose God's way. Children are encouraged to walk along with Jesus and grow in confidence as they listen to and trust in God's Word.

You might like to listen to our Lenten song on the Online Parent Portal, 'Walking along with Jesus', as part of your family prayer time and/or use this prayer which encourages us to trust in God's guidance.

**Almighty God,
through this season of Lent,
help us to learn more about Jesus
and the wonderful gifts He gives us.**

May our words and actions show that we belong to Him.

**We ask this through Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, forever and ever.**

Amen