



St Mary's Catholic Primary School

*Headteacher: Mrs Helen Armstrong
Diocese of Plymouth*

20th February 2018

Dear Parents/Carers

CAFOD FAMILY FAST DAY Friday 23rd February 2018



This year, the CAFOD Family Fast Day draws on the theme “Give it up.” As you read this letter, millions of families around the world are living in extreme poverty. Many are struggling to earn a living so do not have enough money to meet their basic needs such as food, housing and clothing.

This Lent our school can help to change this. All your little actions will make a really big difference to people living in poverty. This year, we are supporting CAFOD’s work trying to combat malnutrition in Zimbabwe. Hunger can kill children, but CAFOD is providing seeds, fencing and farming training for families and communities so that everyone has enough to eat.

Please join together with us this Lent and ‘Give it up.’ Whatever you are able to donate will make a big difference, helping the poorest communities around the world to feed their families and make a living.

We ask that your child spends some time thinking about those who are less fortunate than they are or has a conversation about this within the family, and then they could choose something, give it up and donate the money you save – something as simple as a favourite snack. Alternatively, they could think of something more challenging and get sponsored to give it up?

We ask your child to bring their donation in to school on Friday for CAFOD. This year, your donation will be matched by the UK government, so you can make double the difference!

Thank you for joining us this Lent to support people transforming their communities.

Thank you for you continued support,
God Bless

Sharon Betts

Mrs Betts
Assistant Headteacher

LENT
Fast Day