



Blessed Hugh Faringdon Catholic School & Sixth Form Centre

'True Teaching'


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 @bhfcs

Serving the community in Reading since 1958

June 2024

Dear Parent/Carer,

Year 9 Spiritual Retreat – Thursday 20 June 2024

As part of Blessed Hugh Faringdon's focus on the development of students in terms of the whole person, in line with their Spiritual, Moral, Social and Cultural (SMSC) education, we have arranged for Year 9 to spend a day off timetable with the RE and Year 9 tutor team on Thursday 20 June 2024.

We will be exploring issues of spiritual development, including looking at their lives beyond academic measures and how to appreciate their own skills and talents. We will also be introducing techniques to help deal with stress which they can use throughout their life including meditation and mindfulness.

The retreat day will be held in school and has been organised by the Religious Education department. Pupils can wear their own clothes but please bear in mind there will be outside team games. Clothing must be sensible and appropriate for school (e.g., no cropped or low tops, no ripped jeans, no sliders or flip flops, no make-up). Can you please ensure that your child has the appropriate precautions in place for outdoor activities, for example medication for hay fever, or other allergies that may be relevant.

As this will be in school, lunch arrangements are the same as a normal school day.

We are asking parents for a voluntary contribution of £2.00 towards the cost of retreat materials and treats for Year 9 students on the day. Payment is now available via ParentPay. Payments must be made before **Wednesday 19 June 2024**.

We thank you for your support and if you have any queries, please do not hesitate to contact me.

Yours faithfully,

Miss R Monaghan
KS3 RE Coordinator