



# Blessed Hugh Faringdon Catholic School & Sixth Form Centre

*'True Teaching'*

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@bhfcs

*Serving the community in Reading since 1958*

May 2023

Dear Parent/Carer,

## Year 9 Spiritual retreat – Tuesday 23 May 2023

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 Tuesday 23 May 2023.

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 make-up). Can you please ensure that your child has the appropriate precautions in place for outdoor activities.

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

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**