



St Barnabas

Tuesday 7th October 2024

Church of England Primary Academy

A member of **CTDARI**







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A member of **CDARI**

'Achieving great things through learning and growing together in a love-filled Christian family'

'That they shall have life, life in all its fullness' John 10:10



Our ^{every} vision for **Child**
Life in all its fullness;
Our prayer for every heart,
The **will** to
make it
so.

**“Spirituality is about our relationships
with ourselves, our family, friends, those
around us, to God and to all of
creation.”**

Prof. Ursula King



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Your time,
your words,
your presence



5 Ways to Wellbeing

Fleetwood Wellbeing Way

Find us on Facebook & Instagram  

Connect to others



Smile at the next 5 people you see

Be Active



Walk, wheel or cycle along Fleetwood Wellbeing Way

Keep Learning



Visit Fleetwood Museum, learn more about the town

Take Notice



Count the fish along the pathway near the Lower Lighthouse

Give to others



Create a positive message on the beach

Follow our  trail for monthly challenges



Please remember to complete challenges safely and within your own personal limits.



Take Notice Fleetwood Wellbeing Way

Find us on Facebook & Instagram  

There are many ways to be in the moment, practice mindfulness and take notice of the wonderful things around us:

-  Take in the beauty around us and stunning views along our coastline Why not visit Rosall Point Tower or the Mount for great views
-  Find 5 things you can see; 4 things you can touch; 3 things you can hear; 2 things you can smell; 1 thing you can taste
-  Try a calming breathing technique - inhale for 4 counts, hold for 7 counts, exhale for 8 counts

Follow our  trail for monthly challenges



Please remember to complete challenges safely and within your own personal limits.

Windows




Learning about life in all its fullness

These are opportunities to look out at the world to learn, to gaze, to wonder and become aware of the world in new ways; to wonder about life's 'WOWs' (things that are amazing) and 'OWs' (things that are worrying or upsetting).

I wonder.....

Why did that happen?

A photograph showing a man in a dark t-shirt pouring water from a clear plastic bottle into the mouth of an elderly woman with grey hair. The woman is wearing a red and white checkered shirt and has her head tilted back. The background is dark and out of focus, suggesting an indoor setting. The overall mood is one of care and assistance.

Give us compassion we pray

Mirrors



Learning from life

Opportunities for us to reflect on our experiences, to consider some of the BIG questions of life and consider some possible answers. Exploring our own insights and perspectives, and those of others.

What happened?

How did it make you feel?



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Doors



Learning to live by putting into action what you believe

Opportunities to respond to our experiences. To **DO** something creative in order to express, apply and further develop our thoughts and ideas. Becoming inspiring change-makers and Courageous Advocates.

How can you make a difference?

What could you do?



St Barnabas

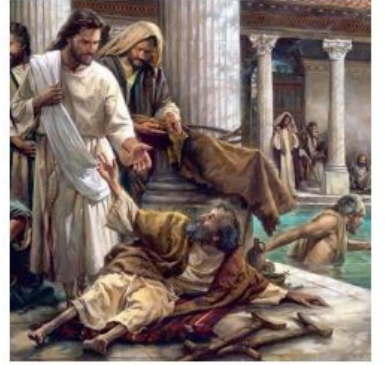
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Courageous Advocacy

I can make a difference



Courageous Advocacy



Standing up for others

Making choices about the right thing to do

Speaking for those who maybe can't speak for themselves and having **compassion**.

Being **hopeful** you can make a change

Not giving up to make a change happen

Showing **respect** for others and the world around us

Wanting to make things better

COURAGEOUS ADVOCACY:



advocacy


to change “what is”
into “what should be”

‘The act of speaking out against an issue of injustice (not fair), often on behalf of those whose voice is not heard’

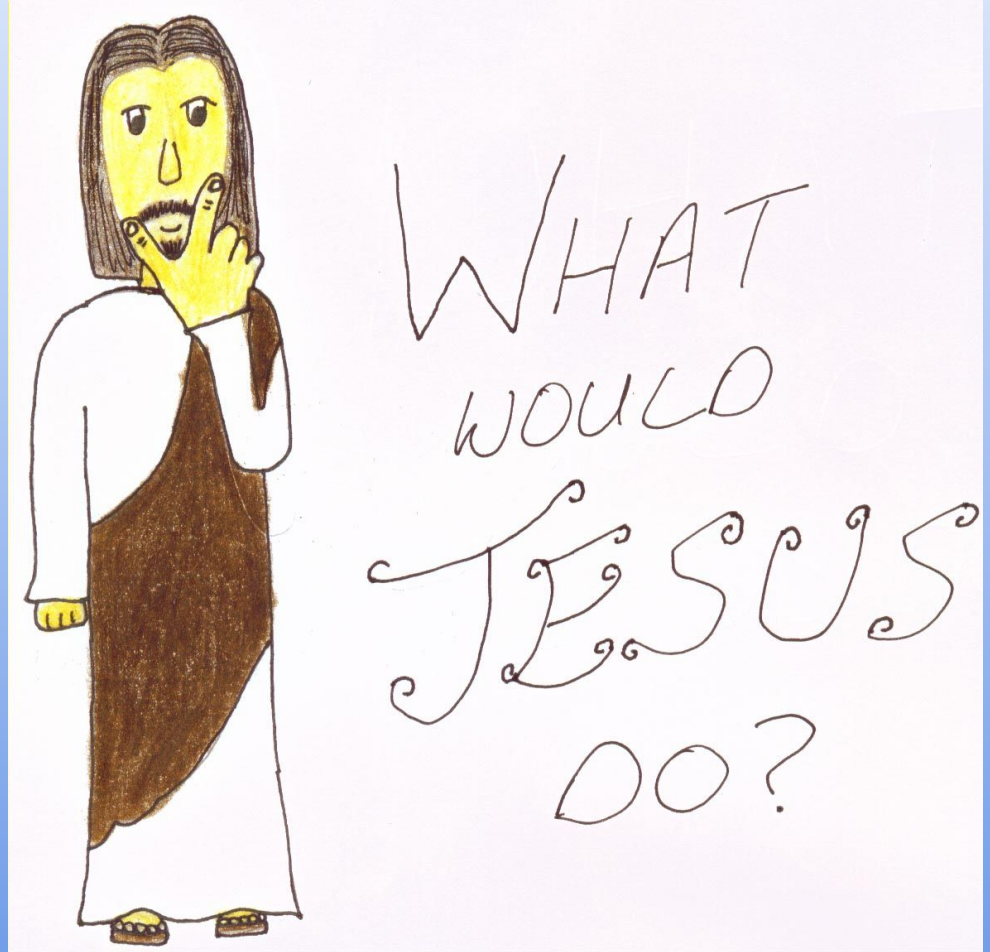
Be The Change
YOU WISH
to
See in the
WORLD

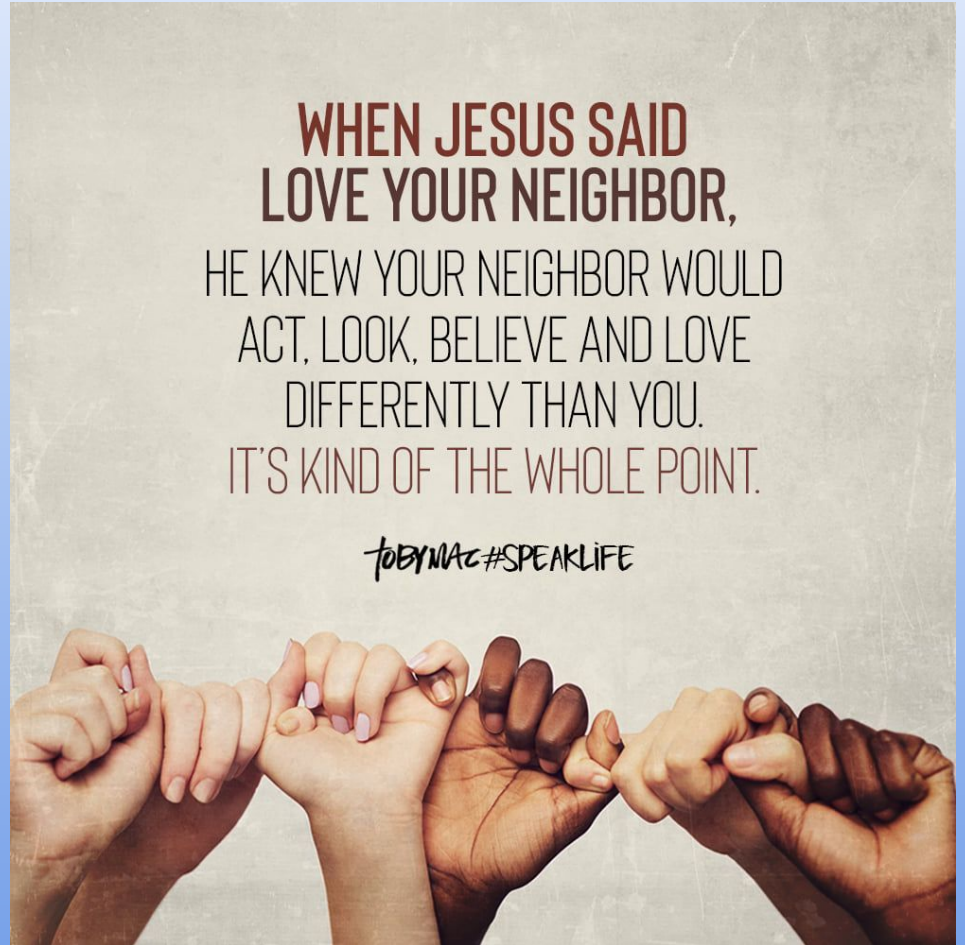


I CAN
because
JESUS
DID



Philippians 4:13





What does this look like in our lives?

We are often courageous advocates when we stand up for our friends.



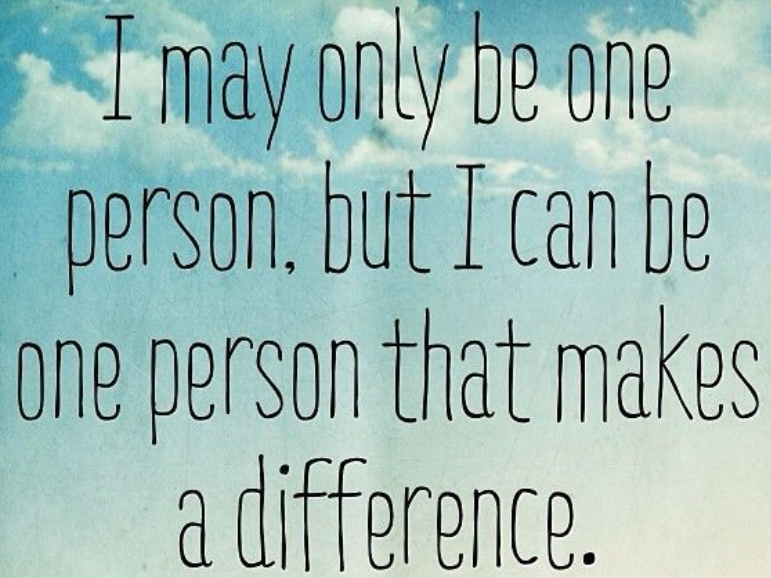
What would a courageous advocate say to this boy?



Courageous advocates often stand up for animals who can't speak for themselves and now most of the fur we use is man-made.







I may only be one
person, but I can be
one person that makes
a difference.



**We can change
the world**
and make it a better
place. It is in your hands
to make a difference.

-Nelson Mandela

At St Barnabas this year we have chosen to support two very worthy causes for Harvest:

DARE



Primary Schools in Multan, Pakistan
"Harvesting the love of learning"



Reflection

- How can you be a courageous advocate and stand up for what is right?
- How can you help to make a difference to our world this week?

**COURAGEOUS
ADVOCACY:**



A prayer for the building of God's Kingdom

Give us, Lord God, a vision of your Kingdom as your love desires it:

A world where the weak are protected, and none go hungry,

A world where life is shared, and enjoyed by all,

A world where all races, nations and cultures live in tolerance and respect,

A world where peace is built with justice, and justice is guided by love.

Give us the inspiration and courage to build your Kingdom here and now and to make a difference

Amen



The Harvest Of Love

Julie Stanley & Mary Green

© 2008 Out Of The Ark Ltd

The Harvest of Love

An empty bowl, a crying child,

A mother filled with dread.

An empty cup, a scorching sun,

A dried up river bed.

An empty sack, a crying child,

A father filled with fear.

A barren field, an empty store,

The crops have failed this year.



*We must be aware and show that we care,
So let's work together in this world we share.
Let's learn how to give, to help others live,
And reap the harvest of love*

A bowl of maize, a smiling child,
A lorry bringing aid,
A brimming cup, a sheltered home,
A difference has been made



A sack of maize, a smiling child,
A lorry bringing seed,
A planted field, a waiting store,
Hope for those in need.

*We must be aware and show that we
care,
So let's work together in this world we
share.*

*Let's learn how to give, to help others live,
And reap the harvest of love*