

# Family

## WORD OF THE WEEK:

MARK 3:31-35

Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, "Your mother and brothers are outside looking for you."

"Who are my mother and my brothers?" he asked.

Then he looked at those seated in a circle around him and said, "Here are my mother and my brothers! Whoever does God's will is my brother and sister and mother."



## PRAYER FOR THE WEEK

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to  
himself:

strengthen us in our daily living  
that in joy and in sorrow  
we may know the power of your presence  
to bind together  
and to heal;  
through Jesus Christ  
our Lord.  
Amen.



The family that prays together stays together, and if they stay together they will love one another as God has loved each one of them. And works of love are always works of peace.

— Mother Teresa —

AZ QUOTES



## SOMETHING TO THINK ABOUT...

### This week is HEALTHY LIFESTYLE WEEK!

The aim of the week is to raise awareness of maintaining a healthy lifestyle through eating, exercise, relaxation and mindfulness. This is something that will benefit individuals, but also families. Jesus has taught us to have a responsibility to care for each other and to want the best for each other. This has to involve being concerned for each other's health and lifestyle. We should support members of our families in leading a healthier lifestyle. This will undoubtedly benefit everyone in the family. Eating, relaxation and exercise are all things that we can do communally with our parents or brothers and sisters.

### SOMETHING TO DO...

Take part in these challenges as a family to support each other!

1. Eat a healthy breakfast e.g. Whole grain cereal.
2. Eat 5 fruit/veg each day.
3. Drink plenty of fluids e.g. Water with lemon and lime.
4. Get more active e.g. Go for a walk as a family.
5. Make a change e.g. Skip the takeaway and make a tasty meal with what you have in!

### SOMETHING TO TALK ABOUT...

- How much of a healthy lifestyle does your family have?
- Who takes responsibility for the shopping and cooking of meals?
- Do you exercise together? Could you encourage someone in your family to be healthier?



## Healthy Habits Start at Home

#HealthyHabits



## WHAT'S ON THIS WEEK...

- Breakfast is being served to pupils in the Junior Dining Room courtesy of donations we have received.
- Inflatable Assault Course on Tuesday at lunchtime and after school.
- Yoga on Tuesday after school in the gym.
- An online quiz runs this week with a £10 Amazon prize.