

Our Rhythm of Prayer at St Aloysius



Our rhythm of prayer at St Aloysius is at the heart of the school's daily life. It provides a steady, grounding pattern that helps pupils pause, reflect, and reconnect with their faith throughout the day. Rather than being something occasional or separate, prayer is woven naturally into school routines, giving shape and meaning to the community's shared experience.

How We Make a Difference?

Each morning and afternoon begins with a moment of quiet reflection or a short prayer, inviting pupils to start each session with purpose and openness. This simple practice sets a calm tone, reminding everyone that learning is not just about knowledge, but about becoming thoughtful, compassionate people.



Different Ways of Praying

Throughout the week, different forms of prayer offer variety to this rhythm. There may be Scripture reflections, guided meditations, traditional prayers, or opportunities for spontaneous prayer led by pupils. This diversity allows students to explore different ways of encountering God and understanding their own spirituality.



Welcoming Families into Our Worship

Parents are warmly invited to take part in the school's prayer life through Celebration of the Word and School Masses held at church. These occasions allow families to join the school community in worship, strengthening the partnership between home and school. Their presence enriches the prayerful atmosphere and reminds pupils that faith is something shared, lived, and supported beyond the classroom.



Overview of weekly prayer and liturgy

Day	Celebration of the Word	Who?
Monday	Celebration of the Word	Whole School
Tuesday	'Statement To Live By' Celebration of the Word	Year group
Wednesday	Wednesday Worship	Age Phase
Thursday	CST assembly/ Seasonal Celebration of the Word/ Prayer Journals	Whole School
Friday	Child Led Celebration of the Word	Class group

By maintaining this gentle but consistent rhythm at St Aloysius, pupils develop habits of gratitude, awareness, and reflection that support them in school and beyond.