



## Prayer and Worship Statement

### Mission Statement

We are a Catholic Sixth Form dedicated to the education and development of the whole person, so that all students can realise their full potential.

To achieve this as a community we will:

- Provide the highest standards of teaching and learning.
- Expect students to show commitment to their studies and the Christian values of the Sixth Forms.
- Provide equality of opportunity, with mutual respect and positive encouragement.
- Build and further develop a partnership with parents, schools, parishes, higher education, employers and the local community.
- Value staff and support their professional development.

In doing this we will reflect Christ's teaching in the life and work of the whole Sixth Form.

### Prayer as a way of life

"One of the most effective ways we have to help is that of prayer. Prayer unites us ...In prayer, there are no rich or poor ... In prayer our hearts find the strength not to be cold and insensitive in the face of situations of injustice. In prayer, God keeps calling us, opening our hearts to charity." Pope Francis

At Christ the King Sixth Form College (CTK) prayer and worship is an integral part of the life and work of our sixth forms. The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching and enable our Sixth Form community to become reflective, experience the presence of God and should develop a mature spiritual life.' (Marcus Stock (2012), Christ at the Centre, Catholic Truth Society, 23.)

### We pray with the students:

- At the beginning of each school day, during Period 1, CTK students and staff engage in a sacred moment known as the "10:10 Reflection." This five-minute spiritual practice, prepared by our Catholic Education Team, offers a meaningful opportunity for prayer, contemplation, and discussion rooted in Gospel values. Inspired by John 10:10 — "*I have come that they may have life, and have it to the full*" — this time invites our community to pause, reflect on our faith, and begin the day with purpose and unity.
- The 10:10 Reflection is not just a routine; it is a cornerstone of our Catholic identity and a vital expression of our mission to nurture hearts and minds in the light of Christ. It sets the tone for the day, reminding us of our shared values, encouraging spiritual growth, and fostering a deeper sense of connection with God and one another.

- During each 10:10 lesson. This is linked to the lesson, theme or day.
- At weekly Mass: Aquinas on Wednesday at 1.25pm, St Mary's Thursday at 1.40, Emmanuel Tuesday 1.40
- In 10:10 Hall meetings, assemblies and community gatherings
- At break in the Chaplaincy. Daily prayer takes place in our chaplaincy at each of our three sites
- In each Chapel. There are opportunities for individual or collective prayer. These include personal and spontaneous prayer and form group prayer. The chapels also welcome students and staff interested in participating in group or private recitation of the Rosary. While participation is completely voluntary, the space remains open to all for quiet prayer and personal contemplation
- At home: supported by our newsletter

#### **We pray with staff and governors:**

- Meetings commence with a prayer
- Staff briefing consists of a prayer which is led by our Chaplaincy Team each Tuesday
- Staff and governor training or planning days. Staff meetings begin with staff reflection and prayer
- Staff are supported with their spiritual development through regular formation activities. All meetings commence with a prayer

#### **Each classroom has a prayer focus including:**

- Our CTK Prayer and Catholic Mission
- Our student and staff devised montage, representing key words
- Our CTK Graces

#### **Forms of Prayer:**

- Formal prayers led by staff or students
- Spontaneous prayer led by staff or students
- Prayers from the Mass
- A reading from scripture
- A hymn
- Students' own written prayers
- Actions, signs and symbols accompany prayers when it is suitable to do so
- Guided meditation
- Silent prayer

#### **CTK Student Prayer**

God of Love. As members of the Christ the King Sixth Forms Family, we ask for your continued blessing upon our work and study. You are the source of all truth and wisdom. May we experience in full the Life that you offer use each day, to become the best that we can be. Let no distractions or fears prevent us from trusting in your endless care for us. Shine your Light into our lives that we may become brighter beacons of faith, hope and love in our community.

We make this prayer through Christ the Lord.

**All:** Amen

### **CTK Governors' Prayer**

God our Father, we are gathered today as a Governing Body to do all that we can to the best of our ability for our CTK community and for our Sixth Forms Mission. As your servants may the words of your Son in our Sixth Forms motto, 'I have come that they might have life' be at the centre and heart of our meeting. In thanksgiving we remember all the students and staff who have contributed to our Sixth Forms and those presently who are part of our CTK Family.

We bring before you our particular intentions at this time.

*(Pause: Any particular Governing Body intentions are offered here)*

Send your Holy Spirit to inspire and lead us.

Be the beginning, the middle and end of all that we think, do and say.

We make all these prayers through Christ our Lord.

**All:** Amen

### **Training**

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, relating to Catholic Life, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as required

**Reviewed: July 2025**  
**Next review date: June 2026**