

Dear Parents, Guardians and Staff



SHROVE TUESDAY is a Christian festival to mark the start of Lent which is a fasting period. Lent is about six weeks when Christians are meant to practise abstinence – by giving up luxuries or unnecessary things. Lent begins forty days before Good Friday and ends the day before Good Friday. Traditionally, Shrove Tuesday is associated with pancakes being eaten. This was the last chance to eat rich foods before Lent, and an opportunity to use up all of the luxury foods (such as fat, butter and eggs – which British pancakes are made of) which might go off during Lent. Although it always falls on a Tuesday, the exact date of Pancake Day changes from year to year. It is always 47 days before Easter Sunday, and this means that Pancake Day can be on any day between the 3rd of February and the 9th of March.



Shrove Tuesday is celebrated by Christians all over the world. Our boys and girls (and staff) will be celebrating SHROVE TUESDAY at St. Nicholas Diocesan School with a fun activity of pancake races at 12h00.

Our ASH WEDNESDAY service will take place on Wednesday morning at 07h30 and the service will be led by Reverend Hammond.

ASH WEDNESDAY is a Christian holy day of prayer, fasting, and repentance. It is preceded by Shrove Tuesday and falls on the first day of Lent, the six weeks of penitence before Easter. Ash Wednesday is observed by many Christians, including Anglicans, Episcopalians, Lutherans, Old Catholics, Methodists, Presbyterians, Roman Catholics, and some Baptists.

Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return. The ashes may be prepared by burning palm leaves from the previous year's Palm Sunday celebrations.

Because it is the first day of Lent, many Christians, on Ash Wednesday, often begin marking a Lenten calendar, praying a Lenten daily devotional, and abstaining from a luxury that they will not partake in until Easter Sunday arrives.

The Church gives us Lent as a time to change, to become a better version of ourselves, and to become more like Jesus. The ashes we receive on Ash Wednesday remind us of our call to repent and believe in the Gospel. The disciplines of Lent—prayer, fasting, and generosity—help us prepare for Christ's victory on Easter. (from the internet)

I believe that these events play a significant role in nurturing the spiritual and cultural development of our children at St. Nicholas. It is our hope that through activities like the Pancake Fun Race Day and observances such as Ash Wednesday, our girls and boys will gain a deeper understanding of their Anglican heritage and the values associated with the Lenten season.

Kind regards

Kamal Rugbar (Headmaster – Junior School)

Assembly – Ms J Brown

Linking in with this year's theme of values, Ms Brown's assembly last week focused on the vital values we need in life and which are taught at our amazing school St Nicholas. As there are so many values, she linked some of the important ones to the name of our school, namely;

Sincerity,
Trust,
Nurturing,
Integrity,
Compassion,
Humility,
Openness,
Loyalty,
Accountability
Service

We as teachers and parents must continue to teach and instil good, sound values in our children despite them leaving the comment 'But you don't understand us!' Employers of the future are looking for people who have well-developed EQ and are not basing employment on test results and marks. So we owe it to prepare our children for life beyond the classroom and equip them with timeless Godly values. So here at school, we are following the statement of: "Empowering young minds, nurturing timeless values".

3 John 1:4 'I have no greater joy than to hear that my children are walking in the truth'.



KINDNESS badge winners from last week!



<u>Date</u>	<u>Event</u>
Tuesday, 13 February	SHROVE Tuesday – Pancake Fun Races U10 Boys Basketball vs. Pelham (Home) U11 Boys Basketball vs. Pelham (Home)
Wednesday, 14 February	ASH Wednesday Service U13 Girls Basketball vs. Pelham (Home)
Thursday, 15 February	U10 Girls Basketball vs. Pelham (Away) U11 Girls Basketball vs. Pelham (Away)
Friday, 16 February	Valentine’s Civvies day (R5) U13 Boys Basketball vs. Pelham (Away)
Monday, 19 February	Mid Term Break – School Closed!
Tuesday, 20 February	U10 & u11 Boys Basketball vs. Bisley



Friday, 16 February is
VALENTINE’S CIVVIES
DAY at St. Nicholas.
Please send R5 for this
CIVVIES DAY!