

Dear Parents, Guardians and Staff



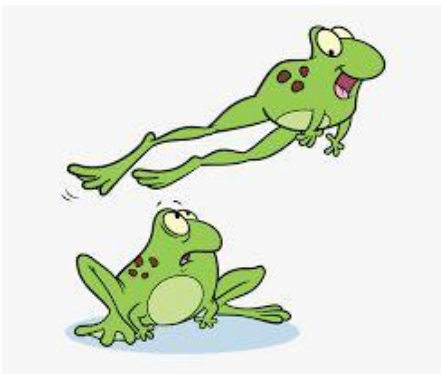
As we prepare to welcome Lent, we are thrilled to celebrate Shrove Tuesday and Ash Wednesday in the spirit of St. Nicholas. These significant days are rich in meaning within the Anglican calendar, and we warmly invite our girls, boys, parents, and staff to partake in the joy of Shrove Tuesday and the reflection of Lent.

Shrove Tuesday – Pancake Races; Doughnuts and Leapfrog Races

On Tuesday, our children will join in our traditional St. Nicholas Pancake Races, a lively and enjoyable way to commemorate the day before Lent begins. This tradition goes back to an old English practice where people hurried to use up rich ingredients—such as eggs, milk, and sugar—before the fasting season commenced.



To enhance the festivities, the children will be treated to some delicious doughnuts—made from the same ingredients as pancakes. Parents are kindly asked to send R10 to cover the cost of the doughnut. Please remember that there will be no Foundation Phase cake sale this Friday, making this a special treat for our little ones this week.



Adding to the excitement, Mrs. Hyland has organised some Leapfrog Races for our boys and girls (and I hope to join in too). While this will be a lot of fun, it also serves as a fantastic opportunity to emphasise the importance of frogs in our ecosystems. Frogs are crucial to nature - they indicate a healthy environment, help manage insect populations, and act as indicators of ecological balance. Just as we leap into a period of reflection during Lent, our leapfrog races remind us to nurture and protect the world around us.

Ash Wednesday

On Ash Wednesday, we enter the season of Lent, a time dedicated to prayer, kindness, and personal reflection. Lent is not only about giving something up; it's also about giving back. We have two services planned for our girls, boys, and staff.



At school, we encourage our girls and boys to embrace Lent through:

- Acts of Kindness – Being especially considerate to friends, family, and teachers.
- Daily Gratitude – Finding something to be thankful for each day.

- Helping Others – Contributing to school or community service efforts.
- Reflection & Prayer – Taking a moment for quiet reflection or prayer.

As parents and educators, we play an important role in shaping how our girls and boys experience this Lenten period. Our school theme of Learning, Growing, and Flourishing aligns perfectly with the Lenten journey - learning about our faith, growing through acts of kindness, and flourishing by making a positive impact on the world around us.

Here are a few practical ways parents can set an example at home:

- ✓ Learning Together – Read a short Bible story or reflection with your child each evening.
- ✓ Growing in Faith – Choose a small, meaningful Lenten commitment as a family (e.g. limiting screen time and spending more quality time together).
- ✓ Flourishing Through Giving – Encourage generosity by donating food, clothing, or time to help those in need.

By reinforcing these values at home, we create a strong foundation for our girls and boys to carry Lent's message beyond the season, shaping them into compassionate, caring individuals.

We look forward to celebrating this meaningful time with our St. Nicholas family. Thank you for your support in making these traditions special for our children.

Wishing you a joyful Shrove Tuesday and a meaningful Lenten season.

Kind regards



Kamal Rugbar (Headmaster – Junior School)



Assembly – Mrs M Morgan-Dasrath

Mrs Morgan-Dasrath and her class of excellent actors preformed a heart-warming assembly on Prayer. They taught us how to pray in a way that is pleasing to God as well as teaching us some new words.

P – Praise

Praise the Lord by saying how amazing and glorious He is. Sing and Dance.

R – Repent

Ask for forgiveness of your sins and for the sins that others have done to you.

A – Ask

Ask for healing and health for you and your family. Ask for safe travels. Ask for help in tough situations. Ask for help with kindness and doing what is right.

Y - Yeild

Yield by slowing down at special times in your life to appreciate all you have and to listen to God's word so that you know what to do to live a beautiful Christian life.

The Grade 4M group also taught us an inspiring dance and a song about Praising God. Thank you for your beautiful assembly Grade 4.



Kindness Badge Winners



UPCOMING EVENTS

<u>Date</u>	<u>Event</u>
Tuesday, 4 March	Shrove Tuesday – R10 for doughnut & Pancake Races
Wednesday, 5 March	ASH Wednesday Services U13 Girls basketball vs. Pelham
Thursday, 6 March	U10 & u11 Girls basketball vs. Pelham Swimming Gala at Northern Park at 13h00



Foundation Phase Fun Athletics Morning