

FRIDAY MARCH 19, 2021



SION HILL POST



WELCOME

Welcome to this week's Newsletter. We were delighted to welcome our 5th years back to the school buildings this week. While the sun shines, both 5th and 6th years are making great use of the picnic benches as they enjoy chatting to their friends while dining 'al fresco'.

TY UPDATE

TY's took part in TY Transmission with Tinpot Productions this week. It was a day to learn about radio broadcasting and in particular how to make an advertisement for radio. Other topics studied include radio presentation, audience engagement, scriptwriting, and music playlisting. It gave the girls a unique insight into the world of radio, as well as tools to improve confidence, expression, and interview and presentation skills.



UPCYCLE YOUR STYLE

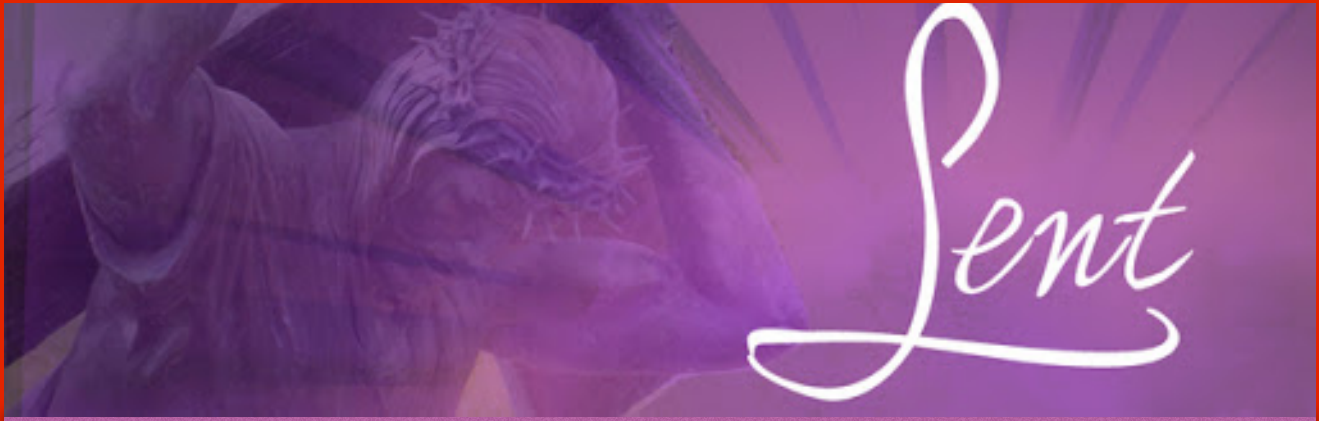
Just a reminder that the closing date for the 'Upcycle your Style' competition is Friday 26th March. 6th Year Politics and Society students are organising a competition asking students to send a 'before' and 'after' picture of something they have Upcycled. All the details are on Schoolwise and you can join the group there. Best of luck!



TG4 IRISH FILMS

"TG4 have made some feature-length movies suitable for young people available on their online player. This is to celebrate Seachtain na Gaeilge 2021. The movies are called 'The Secret of Kells' and 'Amhrán na Mara' and both have subtitles included. The best way to learn a language is to be immersed in it and these are excellent resources for immersion. The movies are only available for a limited period; 'The Secret of Kells' is available until Wednesday 24th March and 'Amhrán na Mara' is available until Friday 26th March. Bainigí sult astu!"

SAMPLE OF WORK FROM STUDENTS



Lent

LENT IS CELEBRATED IN REMEMBRANCE OF THE TIME JESUS CHRIST STAYED IN THE DESERT FOR 40 DAYS AND 40 NIGHTS WITHOUT EATING ANY FOOD, DURING HIS TIME IN THE DESERT, HE WAS TEMPTED BY THE DEVIL 3 TIMES.

Lent is the time to learn self-control

Lent is an old English word meaning 'lengthen'. It refers to the season of spring when the days get longer.

We give up something to remember how Jesus resisted the temptations given by the devil.

SHROVE TUESDAY (Shrove is the past tense of the word 'shrive' which means confessing the sins you have done), also known as Pancake Day, is the last day to use up the foods that they will give up.

Pancakes are made on shrove Tuesday since it is a simple meal that can use up the fat and eggs in the

Ideas for Lent

Things you can Give up	Things you can Fast up
<ul style="list-style-type: none"> Meat Sweets Chocolate TV Video games Anything with technology 	<ul style="list-style-type: none"> Meat-based diets Charity work Reading the bible Volunteering Buying food for the homeless Doing good deeds

THE DATES FOR LENT IN 2021 IS FROM WEDNESDAY 17 FEBRUARY TO SATURDAY 3RD APRIL.

THE ORIGIN OF THE PANCAKE RACE: ON SHROVE TUESDAY, A WOMAN WAS BUSY MAKING PANCAKES, WHEN SHE HEARD THE SHROVING BELL, SHE RAN TO THE CHURCH STILL HOLDING HER FRYING PAN AND WEARING HER APRON.

The ash (that comes from Palm trees) is used to make a cross on your forehead. This is a sign of repentance for the sins that you have committed.

Lent

Facts about Lent

- LENT IS AN OLD ENGLISH WORD MEANING LENGTHEN. LENT IS IN SPRING, WHEN THE DAYS BEGIN TO GET LONGER.
- PURPLE IS THE SYMBOLIC COLOUR FOR LENT.
- WHEN LENT STARTED, IT WAS ONLY 30 DAYS. LATER, IT WAS CHANGED TO 40 DAYS.

Lent suggestions

FOR LENT I'D SUGGEST GIVING UP...

SWEETS
OR IF THAT MIGHT BE A BIT HARD MAYBE CHOCOLATE OR JELLYS OR POPCORN

Pancake Tuesday

PANCAKE TUESDAY OR SHROVE TUESDAY IS THE DAY BEFORE LENT STARTS. IT USED TO BE A HUGE FEAST SO YOU COULD GET THE FOODS THAT YOU'DN'T EAT OVER THE FORTY DAYS OF FASTING LIKE MEAT AND EGGS.

Ash Wednesday

ASH WEDNESDAY IS THE BEGINNING OF LENT. ON ASH WEDNESDAY YOU GET A CROSS DRAWN ON YOUR FOREHEAD WHICH SYMBOLISES THAT DEATH COMES TO EVERYONE THEY SHOULD BE SAD FOR THEIR SINS.

THE ASHES ARE MADE BY BURNING PALM TREES SYMBOLISES

Lent

The History of Lent

Lent is a 40 day period in which Christians give or take up something. Lent comes from the word 'Lente' which means Springtime. Lent lasts for 40 days. There are a few reasons why lent last for 40 days:

- The flood that destroyed the earth in the Old Testament lasted for 40 days.
- The Hebrews spent 40 years in the wilderness before reaching the land God promised to them.
- Moses fasted for 40 days before God gave him the 10 commandments.
- Jesus spent 40 days in the wilderness fasting.

Fun Facts

Violet is the colour of lent.

Lent technically lasts for 47 days since the Sundays aren't included.

Lent started on the 17 of February and ends on the 3 of April this year.

Lent actually ends on Holy Thursday, when Jesus had his Last Supper.

What to Give Up...

- Give up something that is sinful
- Give up something that is distracting
- Give up something that is unhealthy
- Give up something that is wasteful
- Give up something that is unnecessary
- Give up something that is selfish
- Give up something that is harmful
- Give up something that is sinful
- Give up something that is distracting
- Give up something that is unhealthy
- Give up something that is wasteful
- Give up something that is unnecessary
- Give up something that is selfish
- Give up something that is harmful

Shrove Tuesday & Ash Wednesday

'Shrove Tuesday' also known as 'Pancake Tuesday' & 'Fat Tuesday' is a day of celebration. It is the day you can eat all you want before 'Ash Wednesday' the start of lent. Christians start fasting on Ash Wednesday. Some Christians go to special services and are marked with ashes as a symbol of death and sorrow for sin.

Lent

Why Give Up Something for Lent?

The Lent season is reflection and preparation for Easter. Christians recreate Jesus Christ's relinquish and departure into the desert for 40 days.

Lent diary entry

ASH WEDNESDAY

WHAT IS FASTENING? WHAT IS ABSTINENCE? DAYS OF ABSTINENCE: MONDAY, WEDNESDAY, FRIDAY. WHO ARE PROHIBITED? MONKS, NUNS, CLERGY.

Lent

What is lent ?

Lent is a traditional time for fasting, giving something up or asking something on

Lent is also seen as a time of acknowledgment and preparation for the death and resurrection of Jesus at Easter

Lent is to make our minds and hearts ready to remember Jesus' life, death and resurrection

In western Christian churches, the day before lent starts (Ash Wednesday) is known as Shrove Tuesday. Shrove Tuesday is also called Pancake Tuesday because pancakes were a meal that could use up the eggs, fats

Ideas for lent

Help with the laundry
Pray for the sick/needless, peace & your family
Read the story of lent
Fasting
Give up your hair
Plant weeds
Care for the environment
Give compliments & donations
Give thanks
Give up gossip, cursing and complaining
Volunteering for different charities
Say the rosary
Give up meat and sweets

When is lent ?

Lent is a period of 40 days (6 weeks excluding Sundays) following up to Easter

Lent 2021 starts on Wednesday 17 February and

Story of lent

The story of lent is that Jesus went into the desert to fast and pray before starting his work for God. Satan tempted Jesus but Jesus resisted, lent helps Christians remember Jesus' fasting. Lent lasts 40 days because Jesus fasted and

Lent

Lent

Lent starts on Ash Wednesday. It lasts for 40 days right before Easter in the Christian calendar. Lent is a catholic event

Why it is a sacred time for Christians

The Lent season is reflection and preparation for Easter. Christians recreate Jesus Christ's relinquish and departure into the desert for 40 days.

Meaning of Shrove Tuesday and Ash Wednesday

Shrove Tuesday also known as Pancake Tuesday is a day of celebrating your last feast before lent.

Ash Wednesday is the beginning of lent for western Christians and it is the day to cleanse your soul and day of penitence. They put burnt palm ashes on your forehead in the shape of a cross.

Today people use this time to pray and penance. Only a small portion of people fast for lent. Nowadays it is more common to give up your favourite food or drink.

LENT

PRAY FAST GIVE