



'The water that I will give them will become a spring of water within, welling up to eternal life.'  
John 4:14

# Springhill Catholic Primary School RE Newsletter

*Together, we will do our best for Jesus.*

**Our new topic is  
Lent:**



## **What is Lent?**

Lent is the period of six weeks (40 days not including Sundays) leading up to Easter.

Lent starts on Ash Wednesday. The last week of Lent is called Holy Week.

This year, Lent begins on Wednesday 14<sup>th</sup> February.

## **Ash Wednesday:**

Ash Wednesday marks the beginning of Lent - a time for turning again to the practice of our faith, in **prayer**, **fasting** and **almsgiving**. The ashes themselves come from the burned palms from last year's Palm Sunday celebration. On Ash Wednesday, we are reminded that we are called to turn away from sin, to repent and to believe the Good News of our salvation through Jesus Christ.

**How do we prepare?** There are many things we can do:

- Many people make a Lenten promise. They may choose to give something up like a favourite food or maybe take up a new challenge each day, such as carrying out a random act of kindness.
- Pray the Stations of the Cross
- Adore the Blessed Sacrament
- Go to Confession

*"But those who hope in the Lord will renew their strength."*

**Isaiah 40:31**



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## Our main themes in the Lent topic are different for each year group. We will learn:

**FS** - Lent is a time when we get ready for Easter and looks at Jesus' example and teaching.

**Y1** - The basic meaning of Lent is explored. We can get ready for Easter by changing.

**Y2** - Lent is preparation for Easter. It begins on Ash Wednesday and is a time of seeking forgiveness and doing penance.

**Y3** - Jesus changed the people he met and deepened his relationship with the Father through prayer.

**Y4** - Living out the Beatitudes helps us to prepare for Easter. Prayer, fasting and almsgiving can also help us to prepare.

**Y5** - The concept of temptation is explored. Preparation for Easter involves becoming more like Jesus through the lens of St Paul's teaching.

**Y6** - The means by which we prepare for Easter are explored in depth through the teachings of Jesus. It allows for understanding of who Jesus is and whom he calls us to be. The Beatitudes are revised as fulfilment of God's promise.

We will be exploring Lent, through both our RE lessons and our daily celebrations of the Word.

If you wish to support your child at home and help them understand further, you may wish to read the following Bible extracts with them:

- Jesus is tested in the wilderness -  
**Matthew 4:1-11**
- **1 Corinthians 13:4-13**
- The parable of the unforgiving servant -  
**Matthew 18:23-35**



For ideas on family activities to complete during the Lenten season visit:

<https://www.casportsmouth.org.uk/lent-family-activities/>