

March 4, 2019

Dear Parents/Guardians:

Wednesday, March 6, 2019 is Ash Wednesday and we mark ourselves with the sign of our faith and begin the prayerful season of Lent. The day before Ash Wednesday, known as Shrove Tuesday or Mardi Gras is traditionally a day to eat pancakes in Canada.

Lent is a time of abstinence and renewal. Traditionally, for Catholics, we often share in Christ's suffering in a very small way by giving something up. For centuries, Shrove Tuesday was the last chance to indulge oneself, and to use up the foods that weren't allowed during the days of Lent. Pancakes were often eaten on this day because they contained fat, butter and eggs which were forbidden during Lent. The name **Shrove** comes from the old word "**shrive**" which means **to confess**. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began. Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent.

As indicated in our weekly update, **students will be receiving a pancake snack** on Shrove Tuesday. We thank our many volunteers for their support to make this possible. As per HCDSB medical protocol, we have consulted individual student plans and only those who have permission to participate in special celebrations will receive pancakes. We are using [Aunt Jemima Complete Original Pancake and Waffle Mix](#) and [Aunt Jemima Original Syrup](#). You can click on the links to verify ingredients and please do not hesitate to call the school if you have any concerns.

Thank you for your continued support,

Mrs. C. Lanois
Principal

Mrs. S. Miller
Vice Principal

