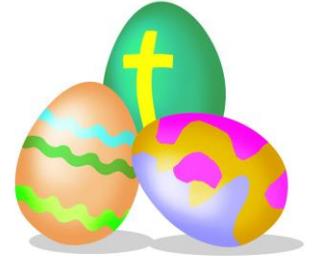


Dear kindergarten families,



Wednesday, February 18th is "Ash Wednesday" and marks the beginning of the Lenten season in our church! Lent is a time for *prayer, fasting and almsgiving*. Lent is an active time of preparation as we get ready for Jesus' resurrection on Easter! Through prayer, fasting and almsgiving we are working on growing closer to Jesus. Discuss as a family what you will do during Lent. Some ideas include meatless Fridays, donate clothes, toys and food, make a card for someone, pray more, participate in Sunday mass, etc. To help you, we've attached a stained-glass cross. Each time your child (or the entire family) makes a Lenten effort (prayer, fasting, almsgiving), please color in a section of the cross. By Easter, you will have a beautiful decoration to hang in your home!

At school, we will be focusing on PRAYER and ALMSGIVING. Here's what we will do during Lent:

1. Each week, we will participate in the Stations of the Cross. The 1st-8th grade classrooms do this as a school community, but in kindergarten, we will do it separately so that the younger ones can better understand the story. We will begin and end the Stations by making the sign of the cross as a reminder that this is a prayer. Jesus' journey to the cross is a sad story, but we know the ending, Easter Sunday, is happy and He wants us to rejoice! During Lent, please talk to your child about the Stations of the Cross and what his/her thoughts are about this prayer/story. We will pray the stations in our room with picture cards the first weeks of Lent, and then we will continue the Stations of the Cross in church for the rest of Lent.
2. Each day during Lent, we will add the "Our Father" to our morning prayer routine (*prayer*).
3. Starting next week, each week during Lent, we will decide on foods that other kindergarten age children would like, but may not have the money to buy. We will ask the children to bring these foods in and at the end of the week we will donate to the food pantry. For the week of February 23-27th, here is what we'd like the children to bring (*almsgiving*):

JELLY

These food items can be brought in any day the week of February 23rd. As we will remind the children, though we will come up with a new donation idea each week during Lent, we understand that sometimes the food is needed in YOUR homes and that is just fine. 😊

4. We will be collecting change for our classroom "Rice bowls." This collection is a Lenten Catholic tradition (go to crsricebowl.org to learn more) that reminds us we are ALL brothers and sisters and it is our job to care for EVERYONE. Through our Lenten alms, we can make a BIG difference for people all around the world (*almsgiving*).
5. At school, each time a child is caught doing something kind, he/she will put a piece of tissue paper on his/her paper cross, as a reminder that we are working hard to be more like Jesus.

Thank you in advance for encouraging your child to participate in prayer, fasting and almsgiving as we ALL work to better ourselves, grow closer to Jesus, and emerge more beautiful in the eyes of God at the end of our Lenten journey together.

Blessings,

Mrs. Mahr and Mrs. Zontos