

ST AGNES NEWS

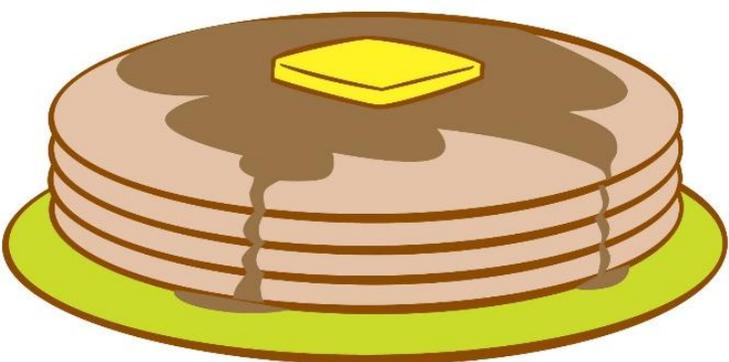
Spring 1 2026



Welcome

Written by: Mrs Higgins

It has been a busy and chilly start to 2026! With so many exciting activities taking place across the school, the weeks have flown by. As we reach half term, we also begin the season of Lent — a time for reflection, prayer, and fasting as we prepare for the joy of Easter and the resurrection of Jesus. We wish all our families a restful half term break and look forward to welcoming everyone back, hopefully with the warmth and sunshine of spring.



**SHROVE
TUESDAY**

A S H
W E D N E S D A Y

The family of St Agnes loves, learns and grows together as followers of Jesus.

WORLD NEWS

Written by: Amelia Dollan

Amazing New Missions to the Moon and Mars

Scientists around the world are exploring space to learn more about the Moon and Mars. New space missions are helping us understand how planets work and how humans might travel in space in the future.

The Moon is being explored again so scientists can study its surface and test new equipment. They are also looking for water, which could help astronauts stay on the Moon for longer.

Mars is another planet scientists are very interested in. Robots called rovers explore Mars by taking photos and collecting rocks. They send information back to Earth to help scientists learn if Mars could have had life long ago.

Fun fact: A journey from Earth to Mars can take about 7 months!



What Children Around the World Are Doing to Help the Planet

Children all over the world are helping to protect the Earth. Many schools have eco-clubs where students learn how to recycle, save energy, and reduce waste.

In some countries, children help clean beaches, plant trees, and look after animals. Others teach people about protecting the environment by making posters or sharing ideas at school.

Even small actions can help. Turning off lights, using reusable bottles, and picking up litter are easy ways children can help the planet every day.

Did you know? One tree can absorb a lot of carbon dioxide and help keep our air clean!



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ST.AGNES' FEAST DAY

Written by: Mason Morales

St Agnes was a Roman girl that had a strong faith in Jesus. She believed that Jesus was calling her somewhere in her heart. But many rich families wanted her to marry them. She refused every offer but the governors son wanted to marry her and forced her but she said, "Jesus is my only spouse." Then the governors son accused her of being Christian then her head was cut of.



We celebrated by going to Church for a special mass and then we were treated to a Krispy Kreme!

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ST. VALENTINES DAY



Written by: Mathilde Grundeler



How do we celebrate St Valentine's Day?

Most people give homemade cards or gifts such as flowers and chocolates to people they care about like family or friends.

Valentine's Day is celebrated differently around the world. For example, in Japan, women give chocolates to men, while in Finland, the day is more about friendship than romance.

How do we celebrate St Valentine's day at St Agnes?

Last year, St Agnes' School organised a St Valentine's Bake Sale. This year we are wearing red and pink clothes and FOSA are setting up a special treats stall on the last day of half term!

How will you celebrate St Valentine's Day?

Who is St Valentine?

St. Valentine was a 3rd-century Christian priest in Rome who defied Emperor Claudius II's ban on marriages by secretly performing wedding ceremonies. According to later legends, he healed the blind daughter of his jailer and sent her a farewell note signed "from your Valentine," a detail sometimes linked to the tradition of Valentine messages. After his execution, some of his relics—such as a skull kept in a Roman church—were preserved and venerated. His feast day on February 14 gradually evolved through medieval and later traditions into the modern celebration of Valentine's Day, associated with romantic love, cards, and gift-giving.

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INTERVIEW

with... **MISS DUGGAN!**

Written by: Nick Nikolov

Where were you born?

Chiswick, London

One word to describe you would be..

Princess

What's your favourite food?

Risotto

If you could be any animal, which one would you be?

Eagle

What is your favourite subject to teach?

English and History

What's the funniest thing that's happened in your class?

Someone talking about Michael Jackson

If you weren't a teacher, what would you be?

Prime Minister

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SPRING

Written by: Olivia, Manuela and Fatima

The upcoming of Spring

As we think about the upcoming of Spring, we have many events to think about such as Easter or Lent. We also think about the wonderful season of Pentecost where it occurs around 50 days after Easter and when the Holy Spirit descends upon Jesus and His disciples where the Holy Spirit appears as the tongues of fire and during Easter when Jesus rose from the dead after being crucified on the cross.

At the same time we can do very fun activities such as growing plants and flowers or you could have a picnic at the park. One of the most fun activities is to fly your kite and also look for different types of birds.

By Olivia, Manuela and Fatima

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SHROVE TUESDAY

Written by: Tricia and Hannah

Shrove Tuesday

Shrove Tuesday, also known as Pancake Day, is the Christian feast day leading up to Ash Wednesday – the start of Lent. It is a day of celebration and “shriving”. It marks the final day of “shrovetide” which is the day before Lent.

Why is it celebrated?

During the 40 days of Lent, Christians traditionally fasted from "rich" or "luxury" foods, including meat, dairy, eggs, and fat. Shrove Tuesday became the designated day to use up these perishable ingredients in the kitchen before they went to waste. Pancakes, which require flour, eggs, and milk, were the perfect way to use these items.

What is the definition and origin?

"Shrove" is derived from the Old English word “shrive”, meaning to confess sins and receive absolution. Traditionally, Christians would attend church to be "shriven"—confessing their sins and preparing their souls for the upcoming period of penance and reflection.

How to make pancakes for Shrove Tuesday

To make traditional Shrove Tuesday pancakes, whisk 100g plain flour, 2 eggs, 300ml milk and a pinch of salt into a smooth, thin batter. Rest for 30 minutes then cook in a hot lightly buttered pan for one minute per side. Serve with lemon and caster sugar. Enjoy!

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ASH WEDNESDAY

Written by: Nol and Juan-David

Ash Wednesday

Ash Wednesday is a holy day in the Christian calendar that commemorates the beginning of the forty-day period before Easter, called Lent. Christians attend church service on Ash Wednesday, during which they receive ashes on their foreheads in the form of a cross. The ashes used in the service come from burnt palms used during Palm Sunday of the previous year. The ashes symbolize humility in the lives of Christians. Christians observe Ash Wednesday by reflecting on their lives, renewing their spiritual lives, and getting closer to God by means of sacrifice. The holy day provides Christians with a somber mood in anticipation of Jesus Christ's resurrection during Easter. The holy day is significant in that it provides Christians with a somber mood in anticipation of Jesus Christ's resurrection during Easter. Ash Wednesday was not the brainchild of a single individual. Instead, it developed gradually within the early Christian Church. Christians adopted the use of ashes as a sign of repentance and humility, drawing inspiration from biblical readings. Early leaders of the Church incorporated ashes into public rituals of repentance. Over time, this practice spread throughout the wider Christian community, eventually becoming a traditional custom in Western Christianity.

Nol and Juan-David

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SPRING 1 FUN



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