The Portsmouth Academy

2nd March 2026

Dear Parents and Carers,

As we have entered the season of Lent, we wanted to share some information about its meaning and how it is observed within the Christian tradition. Lent lasts for forty days, not including Sundays, and is a time when Christians reflect, pray, and prepare for the celebrations of Easter. Many people choose to fast, eat more simply, or give up certain treats, following the example of Jesus, who fasted for forty days in the wilderness.

During Lent, Christians may also focus on acts of charity, spend time studying the Bible, and meet with others to reflect on Jesus' life and prepare for the events of Holy Week and Easter.

Ash Wednesday marks the beginning of Lent. In many churches, ashes made from blessed palm crosses are used to make a small cross on a person's forehead. Ash Wednesday services are often quiet and reflective, with readings and hymns that focus on penitence—saying sorry for wrongdoing and choosing to make positive changes.

For Catholic families, it may be helpful to know that abstinence from meat is required for those aged 14 and older on Ash Wednesday and on certain other days during Lent.

We hope this helps you support your child's understanding of this important season in the Christian calendar.

Warm regards,

Mrs Begum
Assistant Principal

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