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THOUGHT FOR
THE WEEK

Passover



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What is Passover?



Passover is a festival of freedom for Jewish people.

It commemorates the Israelites' Exodus from Egypt, and their transition from slavery to freedom. The main ritual of Passover is the seder, which occurs on the first two night (in Israel just the first night) of the holiday — a festive meal that involves the re-telling of the Exodus through stories and song and the consumption of ritual foods, including matzah and maror (bitter herbs). The seder's rituals and other readings are outlined in the Haggadah.

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What does Passover mean?

Passover, called Pesach, gets its name from a pretty dark story:

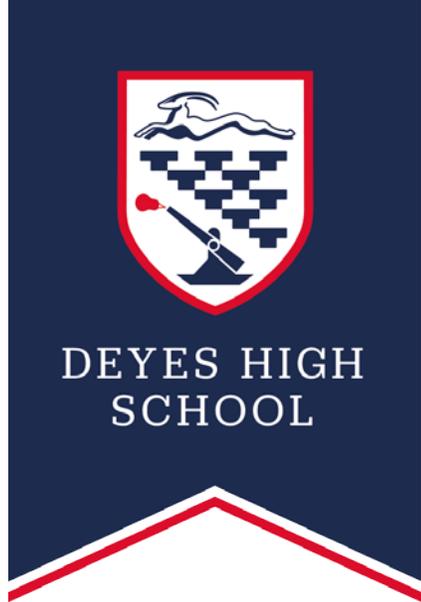
When Israelites were enslaved in Egypt, God unleashed 10 plagues on Egypt. The 10th plague was the death of every firstborn son. God told Moses to instruct Israelites to mark their doorposts with lambs' blood so God would "pass over" their homes and let their firstborn sons live.

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When is Passover?

Passover 2020 begins at sundown on Wednesday, April 8, and ends Thursday evening, April 16.

The first Passover seder is on the evening of April 8, and the second Passover seder takes place on the evening of April 9.

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What are some Passover practices?

The central Passover practice is a set of [intense dietary changes](#), mainly the absence of [hametz](#), or foods with leaven.

The ecstatic cycle of psalms called [Hallel](#) is recited both at night and day (during the seder and morning prayers).

Additionally, Passover commences a 49-day period called the [Omer](#), which recalls the count between offerings brought to the ancient [Temple](#) in Jerusalem.

This count culminates in the holiday of [Shavuot](#), the anniversary of the receiving of the [Torah](#) at Sinai.



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What foods are eaten on Passover ?

A large part of Passover is the Seder dinner. Held at the beginning of Passover, there are [very traditional and specific foods](#) that are consumed:

Beitzah: The egg is a symbol of rebirth and of the circle of life.

Maror: Bitter herbs such as horseradish symbolize the bitterness of enslavement.

Karpas: A non-bitter vegetable which symbolizes spring, hope and the initial flourishing of the Israelites in Egypt. It is dipped in salted water to symbolize tears of the harsh conditions they began to live under.

Haroset: A mixture of fruit, nuts, and wine that represents the mortar used to build the temples while the Jews were enslaved.

Hazeret: Another bitter herb which is combined with Matzo during the second part of the Seder. Some Seder meals do not include this second herb.

Z'roa: A lamb shank (vegetarians sometimes use a beetroot) represents the sparing of Jewish first born during the tenth plague.

Matzah (or Matzo): Is a form of unleavened bread that is eaten like a cracker, this symbolizes when the Jews fled from Egypt. It is said they left in such a hurry they could not even leaven their bread. The bread is made from a flat wheat bread that is washed a special way so that it does not ferment.

Orange: A new addition to the Seder meal is intended to symbolize the importance of the role of women, gays, and lesbians in Jewish life.

Olives: Another new addition to the Seder meal, symbolizes the hope of peace between Palestine and Israel.

Grape Juice or Kosher Red Wine: Used four times during the meal, symbolizes the four promises made by God.

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What do you say on Passover ?

Wishing someone a “happy Passover” is, no pun intended, totally kosher.

That said, if you want to get more specific, if you know the person with whom you’re speaking keeps a kosher home for Passover, you can wish them a **“kosher and joyous Passover.”**

You can also wish a celebrant a **“happy Pesach.”**

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May you be blessed with happiness,
prosperity, peace and good health
on Pesach and always!
Have a Happy Passover!



Each week TFTW will look at a recent news article which effects you as students and members of society. If you have any suggestions or read any relevant or interesting articles, please speak to Mrs Richards to get them included.

Thousands volunteer to help NHS with vulnerable

Some 250,000 people have signed up in a single day to volunteer with the NHS after a recruitment drive to help the vulnerable amid the coronavirus crisis.

The helpers are needed for delivering food and medicines, driving patients to appointments and phoning the isolated. The scheme is one of a number aimed at relieving pressure on the NHS. About 11,000 former medics have also agreed to return to the health service and more than 24,000 final year student nurses and medics will join them. Stephen Powis, NHS England medical director, said there had been "outbreaks of altruism" and he was "bowled over" by the medics returning to the front line and the response from volunteers.

The government scheme to recruit 250,000 helpers - who must be over 18 and in good health - went live on Tuesday. By Wednesday morning, they had exceeded their target, after many thousands signed up to [Good Sam](#), the group coordinating the response. The help is being targeted at the 1.5 million people with underlying health conditions who have been asked to shield themselves from the virus by staying at home for 12 weeks.

Do your bit to help by printing out one of our 'Team Deyes' postcards and posting it through the door of your vulnerable neighbours...find it on share point in the 'personal development' folder

TEAM DEYES HIGH		
Looking after our local community		
My name is:	<input type="text"/>	
I live locally at:	<input type="text"/>	
If you are self-isolating at home due to Covid-19, Team Deyes High is happy to help you out. Please contact me if I can be helpful in any way!		
Running errands like picking up shopping	<input type="checkbox"/>	Team Deyes High will be doing the same when we help you out. We will; <ul style="list-style-type: none"> ▪ Avoid physical contact ▪ Keep 2m distance ▪ Wash our hands regularly ▪ Items will be left on your doorstep
Chatting on the phone or by video messaging	<input type="checkbox"/>	
Posting your mail	<input type="checkbox"/>	
Corona virus is contagious so please take every precaution to ensure you are safe!		

Spread kindness, not the virus!