



泰华德中文学校学生会主办学校网站
HTTPS://TIDEWATERCHINESESCHOOL.ORG



腊八是中国的传统节日。今年的腊八节在1月18日，也就是本周四。腊八节的习俗和传统，你都知道吗？

腊八节的起源：

腊八节可以追溯到南北朝时期（公元420-589年）和隋朝（公元581-618年）。最初是为了庆祝佛教创始人释迦牟尼的开悟。

习俗和传统：

腊八粥是腊八节的特色食品，是一种特殊的米粥。它由各种杂粮、豆类、干果和坚果制成，寓意着丰收和对新一年的美好祝愿。很多人在腊八节会去寺庙，参加各种活动、仪式和表演。庙会上还有传统表演、手工艺品和当地小吃。

活动和仪式：

通常在这一天人们会向祖先和神祇祭拜，祈求健康、繁荣和新年好运。有些人选择吃素，以净化身心。

地区差异：

中国不同地方庆祝腊八节的方式略有不同。当地的习俗和风土人情为庆典增色。

精神反思：

这个节日也是一个反思的时刻，感恩过去一年，期待新的开始。

未来活动预告

- 冬季记忆视频
- 春节晚会（2/10）

近期活动

- 才艺表演
- 教师感恩视频

才艺表演获奖者!!



感谢大家的参与!



本月是四年级同学叶迎冬的生日。冬冬，祝你健康成长、学校进步！





TIDEWATER CHINESE SCHOOL STUDENT COUNCIL ASSOCIATION
[HTTPS://TIDEWATERCHINESESCHOOL.ORG](https://tidewaterchineseschool.org)

ALL ABOUT THE LABA FESTIVAL



The Laba Festival, also known as the Rice Porridge Festival, is a traditional Chinese holiday celebrated each year. This year, it falls on Thursday, Jan 18, 2024. The Laba Festival is known to have many significant customs and traditions.

Origin and Significance of the Laba Festival:

The Laba Festival dates back to the North and Southern Dynasties (420–589 AD) and the Sui Dynasty (581–618 AD). It originally had Buddhist connections, celebrating the enlightenment of Sakyamuni, the founder of Buddhism.

Customs and Traditions:

Laba Congee is a special type of rice porridge that is a central feature of the festival. It is made with mixed grains, beans, dried fruits, and nuts, symbolizing a good harvest and well-wishing for the upcoming year. Many people visit temples during the Laba Festival, participating in various activities, rituals, and performances. Temple fairs are organized with traditional performances, crafts, and local snacks.

Activities and Rituals:

Families often make sacrifices to ancestors and gods on this day, seeking blessings for health, prosperity, and a bountiful year ahead. Some people choose to eat vegetarian meals on this day as a way of purifying the body and soul.

Regional Variations:

Different regions in China may have variations in how they celebrate the Laba Festival. Local customs and practices can add unique flavors to the festivities.

Spiritual Reflection:

The festival is also a time for spiritual reflection, expressing gratitude for the past year, and looking forward to a new beginning.

Key Upcoming Events:

Winter Memory Video

Spring Festival Gala (2/10/24)

Recent Events:

Talent Show (12/16/23)

Teacher Appreciation Video

Talent Show Winners!!



Thank you all for your participation



We are excited to announce that one of our fantastic 4th-grade students is celebrating a birthday this month! Happy Birthday Christina Smith!

