

HAPPY EASTER

TWEEN HOLIDAY
PRE-TEEN GIRLS MAGAZINE
ISSUE 18 | SPRINGTIME
APR/MAY 2023

NEW LIFE – SPRINGTIME



FOOD

BAKING FUN

THINGS TO DO

SPRINGING JOY

'TIS THE SEASON

EASTER DAWN





HELLO
friends

Welcome to Tween Holiday *Easter & Springtime 2023 Issue!*

Happy Easter and a joyous springtime!

Inside this issue our tweens share...

This wonderful season of the year is
springing forth with so much beauty...

*Birds chirping
Flowers blooming
Ducks quacking
Chicks hatching
Butterflies fleeing
Rain pelting
Sunrays streaming*

Ahhh... the gifts of spring!

*Easter story
Springtime poetry
Seasonal bakes
Crafts and crosswords
Climate change*

Enjoy reading our articles! x

And send us a message

Caritas (much love)
The Crew!

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tweenholiday@sapphiregroup.uk



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Tween Holiday Crew

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HELLO
SPRING

Spring Poetry

Morning frost
Just slightly lost,
A gentle glow
I can feel so...
Spring has sprung
Hibernation is done
Rejoice and be thankful,
There is no need to be ungrateful.

Snowdrop fields
Have been gracefully yielded,
Dewdrops lay
On their petals by day.
Spring has sprung
Hibernation is done
Rejoice and be thankful,
There is no need to be ungrateful.

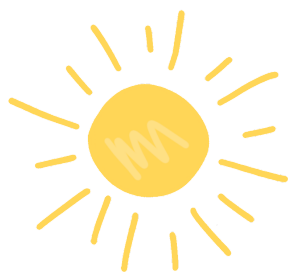
Nature will dwell
Life will be swell,
Glow of the morning light
Cosy on an early night.
Spring has sprung
Hibernation is done
Rejoice and be thankful,
There is no need to be ungrateful.





JOY

Birds chirping
Flowers blooming
Ducks quacking
Chicks hatching
Butterflies fleeing
Rain pelting
Sunrays streaming



The Easter Story



The Easter story
Is all about glory
Because a man who was holy
Took up the cross of the lowly

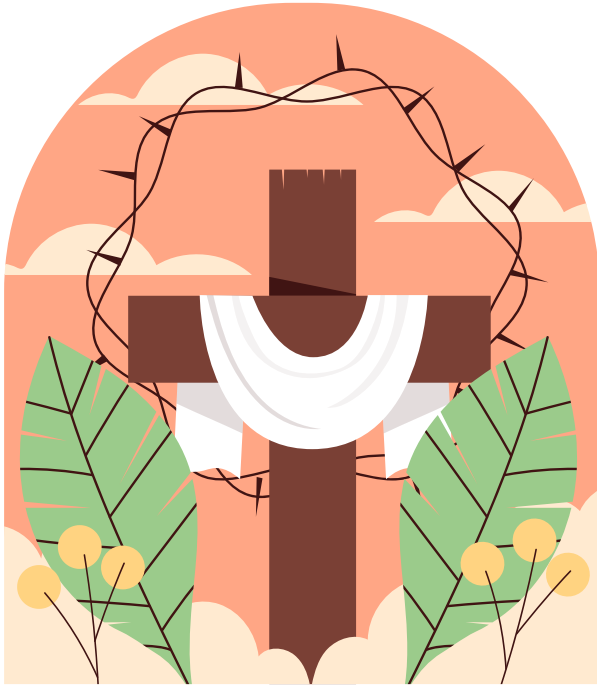
To save us from all guilt
He bore the shame of our filth
He was abused
And he was accused

Yet he loved us
Until the bitter end
Because He wants us
To be His dearest friends

And He saved us
From being sinners
And has made us
Such great winners



WHY THE EASTER STORY IS SPECIAL



THE SILENT KING

by Zizi

The reason that we celebrate Easter is because of the death of The King of All Christians, Jesus. And his amazing resurrection!

Did you know that Easter's origin is around 2000 years old? It's true! There's far more to Easter than meets the eye.

It wasn't always about bunnies and chocolate. It started many centuries ago...

Jesus was a Sign of Controversy

Nearly everyday, Jesus would heal the sick, help the blind and mute and teach huge crowds about God and his Eternal Kingdom. The Pharisees (teachers of Jewish law) did not like the fact that Jesus taught and sometimes performed miracles on a Sabbath day (the Jewish day of rest).

This was against the Jewish law and made the Pharisees annoyed. What made the Pharisees angrier was the fact that Jesus had claimed to be the Son of God.

Jesus was Betrayed by His Friend

The Pharisees were thinking of threats to destroy Jesus but couldn't, until one of Jesus' disciples, Judas, betrayed Jesus to help the Pharisees. The Pharisees offered Judas pieces of silver to tell them the location of Jesus so they could capture him.

They found Jesus praying in the Garden of Gethsemane with three of his disciples: Peter, James and John. After, Jesus was brought in front of a judge called Pontius Pilate.

When the Pharisees had blamed and accused him, Pilate could not find a fault with Jesus. But, since everyone kept on shouting at Pilate to label him guilty, he eventually gave in and said that Jesus would be punished.





Good Friday

Despite all the accusations against Jesus, he remained silent and did not try to defend himself, even though he was innocent.

On Friday, Jesus was nailed and hung on the cross on Calvary. His last words that day were 'It is finished' and then he died. Christians call that day Good Friday because it was the day that Jesus died for our sins. Later, he was taken and placed in a tomb.



The greatest miracle to occur on earth happened on Easter Sunday. Jesus rose from the dead!

Easter Sunday!

On Sunday of that same week, three women (Mary of Magdalene, Mary James' mother and Salome) went to visit the tomb to put spices on Jesus' body. As they were going, they were wondering who would roll the tomb stone for them.

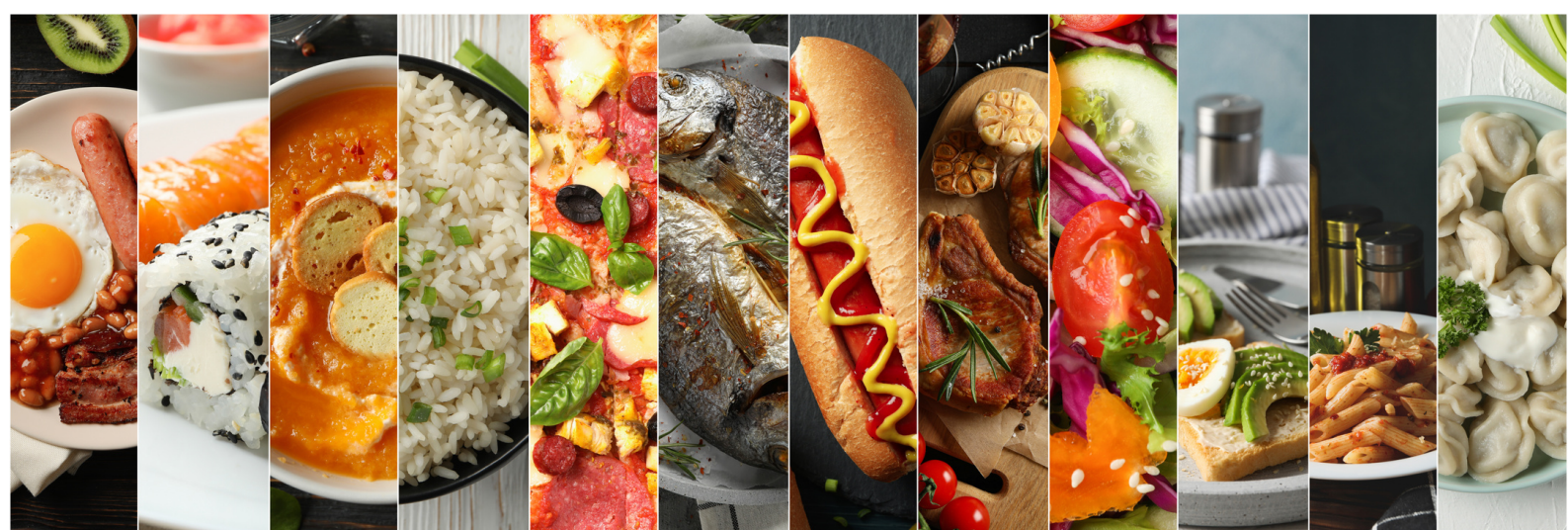
However, by the time they got there, the tomb stone had already been rolled away. As they entered the tomb, they saw a young man dressed in pure white sitting on the stone where Jesus used to lay. Jesus was nowhere to be seen.

The young man said, "do not be afraid." He told the women that Jesus had risen from the dead.

The resurrection of Jesus was on Sunday and celebrated as the worldwide holiday, Easter.



EASTER FEAST



Easter like Christmas is a time for delicious food.
We hope you get to celebrate the glorious occasion with
family and friends!

Here are simple **MENU** ideas for a
HAPPY FEAST!

Our article from last year on how to make hot cross buns was a hit,
so why don't you start from there!



CELEBRATING EASTER

Making Hot Cross Buns

*Hot Cross Buns are an Easter favourite.
Follow this 2 part recipe for an amazing
squishy delicious sweet bread.*



INGREDIENTS

- 75g caster Sugar
- 500g Flour
- 50g Butter
- 1 Egg, 300ml Milk
- 125g Currants
- 1/2 tsp. ground Cinnamon
- 1/4 tsp. ground Nutmeg
- 1 tsp. Salt
- 7g sachet Yeast
- 1 Lemon zest



PART 1

Mix milk, yeast, a pinch of sugar in a bowl and leave it for 30mins.

Whisk egg yolk, with butter into the mixture.

Combine flour, sugar, salt, cinnamon and nutmeg in another bowl.

Make a hole in the center, add the yeast mixture and stir.

Add in the currants and stir until the mixture is thick.

On a flat surface, sprinkle flour.

Knead the dough on the surface for 10mins, until it is stretchy.

Put the dough into a large bowl, cover with cling film and allow it to rise for 1hr 30mins. The dough will double in size.



CELEBRATING EASTER

Making Hot Cross Buns



PART 2

Shape the dough into a rectangle and cut portions with a knife. Roll each portion into a ball. Place into a buttered baking pan. Allow it to rest in a warm place for about 45mins. Brush the tops with egg white.

For the glaze, whisk caster sugar, milk and lemon zest until smooth and put into a piping bag. Pipe a cross shape over each bun.

Bake in a preheated oven (200C) for 20-25mins until golden.

ENJOY!



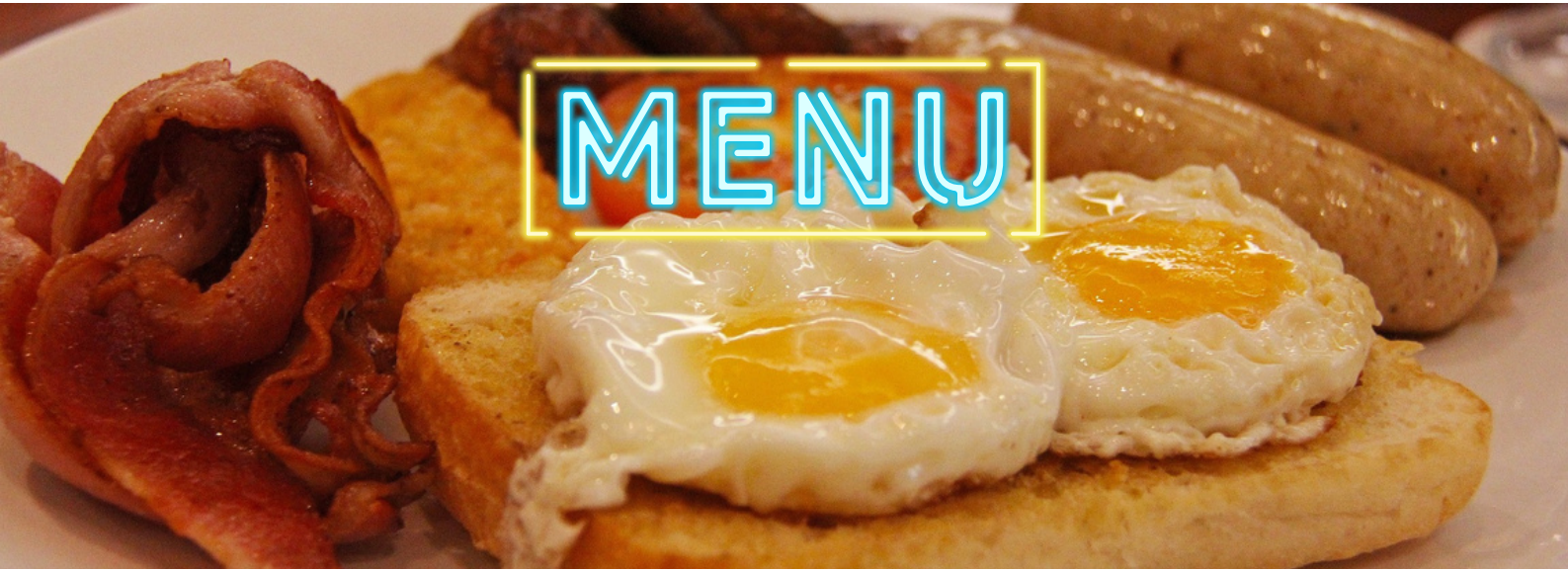
DID YOU KNOW?

These famous buns were traditionally used to mark the end of Lent, and eaten on Good Friday. The cross shows the Christian significance.



breakfast

MENU



1 SUNNY SIDE UP

Eggs are the star of the season and there's no better way to show case them than sunny side ups. Sprinkle with black pepper.

3 GRANOLA PORRIDGE

The sweetness of granola and makes this such a delightful complement to a full English breakfast. Best served hot with fruits.

2 CROISSANTS

Pastries are delightful to enjoy. Croissants have the luxurious fluffiness and melt-in-your mouth texture.

4 TEA OR HOT COCOA

English breakfast tea or hot cocoa served with lots of milk is a nice way to round off a delicious Easter breakfast.



MENU



1 ROAST LAMB

Lamb is the star of our Easter meal. Season and marinate in the fridge overnight. Then simply roast in time before the meal. Carve and serve!



3 VEGETABLE RICE

Rice dishes are a go-to for our main menus as they can be eaten alone or as a side dish to meats. Cook and drain rice; stir fry into the vegetables with sauce.

2 STEWED CHICKEN

This is such a yummy dish, you'll want to make extra! Season chicken parts with salt, tomato (optional) and spices. Add maple syrup! Leave to marinate for few hours. Roast and enjoy!



4 PASTA CARBONARA

A great accompaniment and easy to whip up. Fry ham (pancetta) in a little butter. Boil spaghetti and once its ready, stir in the ham, whisked eggs and parmesan cheese.

CREAMY SOUP, BREAD, LEAFY SALAD

starter and extra side dishes



dessert & snacks

MENU



BAKED TREATS

Cakes
Hot Cross Buns
Waffles
Puddings
Pies

CHOCOLATE

Chocolate mousse topped with chocolate eggs sounds like a delish way to round off a hearty love-filled feast.

Pick your fancy and try not to overindulge to avoid a tummy ache :)





Did you know?

There are a variety of foods that look like the body parts they benefit.

01

EYES

02

EARS

03

BRAIN

04

LUNGS

05

STOMACH

06

BONES

07

KIDNEY

08

HEART

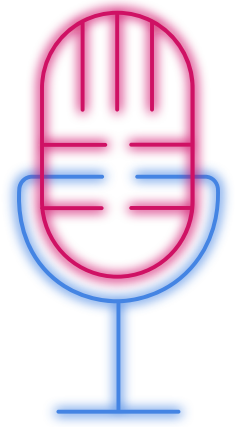
Can you figure out what foods work for these body parts?

Answers can be found on the GOOD FOOD MOOD page of this magazine.





Poetic Challenge



"The Coronation of His Majesty The King and Her Majesty The Queen Consort will take place at Westminster Abbey on Saturday 6th May, 2023." - *Buckingham Palace*

To feature in our next issue, where we celebrate this event...

Write a poem about the King's coronation.

Email to:

tweenholiday@sapphiregroup.uk

Final submission date: Friday 5 May.

*All submissions should have parental consent.
Entries will feature in Tween Holiday's June Special Edition.*



CLIMATE CHANGE

What you need to know

- Climate change is a change in global weather and climate around the world
- Carbon emissions are what cause climate change
 - Climate change is speeding up rapidly
- It is extreme causing extreme weather issues



CLIMATE CHANGE AND SUSTAINABILITY

by Zizi

Climate change we've all heard about it on the news, at home, even in places you might not be familiar with.

We think we know everything about what is happening and the effects, but we don't know half of what is really happening in other places in the world.

And as for sustainability, some of the methods that we use are not the only ways to help the planet.

By reading this article, you can easily explore the facts and reasons behind climate change and ways we can reduce carbon emissions.

Climate change is rapidly intensifying and humans now have a big carbon footprint. Humans have increased and create more resources that are either non- biodegradable or harmful to the environment.

Artificial resources have become more popular than biodegradable resources as they can often last longer and are easier to manufacture in factories.

Some products have toxins inside of them that can harm wildlife. The reason that plastic is often supply is because it could affect the economy of different countries if it is not.



CLIMATE CHANGE AND SUSTAINABILITY

by Zizi

This is why people are often torn between using plastic and using better say for resources such as paper and cardboard.

The only problem is that to use paper you must use trees and trees help reduce our carbon footprint. Scientists are still trying to find substitutes such as stone paper and others that are in the making.

Carbon footprint is often blamed on technology but look at life this way: there are now 8 billion people in the world and we are all need to use fire. We use it to cook, for heating, etc.

The gas released from fire is called carbon dioxide and is a major contributor to why climate change is happening.

It may seem unclear what choices we can make, so - let's have a look at the facts.

Let's take a look at life now:

Pros -

- There are more green cars and technologies
- People are coming up with ways to fix climate change
- Renewable energy sources are used
- More gardens and plants are made
- People can make tiles out of carbon!
- Brains and scientists are more developed so it is easier to fight climate change and reduce carbon emissions.

Cons -

- Going green in some cases could ruin the global economy.
- More and more animals are becoming extinct.
- Rates of deforestation are increasing.
- Recycled products usually have bad quality.
- Eco friendly products are more costly.
- Extreme weather is more common.



Sustainability



Being sustainable is very important.

It can help all species escape the 'man-made mess' known as climate change.

The only problem with adopting sustainability is that being sustainable often means being expensive.

The costs of the more 'green' cars and technologies fly through the roof and get more unreasonable every year.

The best and easiest ways to be sustainable are at home.

- Use natural lighting – this saves electricity and makes rooms look more comfortable.
- Use libraries – these are cheaper and save more trees.
- Use hand-me-downs – these are not always ideal but should not be wasted.
- Recycle – make sure you know what goes where.
- Reuse food waste – biodegradable food can go into compost bins.
- Eat at home more – this reduces waste used from fast food packaging
- Start gardening – this can be done at home or at school.
- Cut down screen time – it's harsh but fair.
- Walk to places more often – if they are close by, it shouldn't be a problem.
- Share things with your family – whether they annoy you or not, it saves money and environmental resources.



good food mood

Remarkable resemblances
Foods that look like the body parts that they benefit.



Answers to the food quiz

01

CARROTS

02

MUSHROOM

03

WALNUT

04

GRAPES

05

GINGER

06

CELERY

07

KIDNEY BEANS

08

TOMATOES



TAKING CARE OF ME



POSITIVITEA™

01

Take some time to rest during the Easter holiday.

02

Spend time outdoors appreciating nature. Walk outside barefoot, like in your garden, if it is safe to do so.

03

Try not to overreact when people annoy you. Take a deep breath or walk away. You can come back and talk about the issue when you are calmer.

04

Try journaling your thoughts, especially when you are upset or happy. This may help you understand and help your emotions better.

Tips to spring up your steps and mental attitude.



TAKING CARE OF ME

POSITIVE MINDSET

Staying positive most of the time is hard. Seriously. Whether it's mentally, physically or verbally, it can be extremely difficult to be able to see the best in certain situations or in our day-to-day circumstances.

As an example we tend to complain about the weather rather than enjoy the various seasons!

Although not all people may want to accept this, proper positivity is a skill, not an emotion.

It has to be learnt and taught if you truly want to be positive in different circumstances. It's very easy to let negativity creep into our lives, leaving us with such a foggy mind-set when trying to focus on things.

Negativity could show up in different ways from a mental block to verbal insults, irresponsible and irrational actions and disobedience.

Really, the best thing to do when this happens is to just take a break and if you have calmed down, don't try to hide it but talk through the emotion if you want to.





Be Inspired

This is your personal thinking space.

What comes to your mind when you look at this photo?

Let your mind run free!



weird & wacky

FACTS ABOUT SPACE



FANCY TRAVELLING TO PLUTO?

A trip there on a plane
would take 800 years!

WOULD YOU LIKE TO TRY ON A SPACESUIT?

Set your 45 minutes
timer to get dressed.

WANT TO BUY THE INTERNATIONAL SPACE STATION?

It would cost you
\$1billion. Cash please!

HAS BUZZ LIGHTYEAR EVER BEEN TO SPACE?

Yes! A toy Buzz has
been to outerspace.

What we're baking in the Tween Holiday Kitchen

Roscas Fritos

3 cups *Self Raising Flour*
6 tbsp *Milk*
6 tbsp *Olive Oil*
2 large *Eggs*
1 *Lemon*, 6 tbsp *Vanilla Extract*
6 tbsp *Caster Sugar*
2 teaspn *Baking Soda*
4 teaspn *Baking Powder*



Roscas Fritos are fried doughnuts enjoyed in Spain especially during Christmas and Easter.

You can make them in 5 easy steps.

1. Whisk eggs and sugar in a bowl
2. Add oil, vanilla extract, baking soda and baking powder. Whisk in milk and lemon zest
3. Gradually stir in the flour, until the dough is sticky
4. Mold balls of dough, into a doughnut shape.
5. Heat oil in a pan and deep fry the doughnut until golden brown.



Sprinkle with sugar.
Enjoy!





THANKS FOR READING THIS ISSUE!

We hope you've enjoyed our Spring & Easter articles!

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IN THE NEXT ISSUE

We are covering the exciting events of
King Charles III's coronation.

We would also report on all the new books and
exciting reads for this year as the crew has a
special coverage at the London Book Fair in April!

THE NEXT ISSUE is out in JUNE half-term holiday.

Don't miss it!!!

HAPPY Easter



FROM TWEEN HOLIDAY CREW