



Re: Winter Faith Programme (Prayer and Fasting)

1st November 2021

Dear Parent/Guardian, Assalaamu Alaikum (peace be with you),

I am writing to share with you our Winter Faith programme linked to Fasting and to inform you of our Salah arrangements. Firstly, we are launching the Sunnah (prophetic tradition) of fasting on Mondays and Thursdays, especially during the winter months (Monday 8th November – Monday 10th January 2022) to encourage staff and students to revive this practise.

The purpose of the fasts is to encourage self-discipline, sacrifice, and empathy for those less fortunate than ourselves.

If you would like your daughter to participate in the fasting programme, please ensure that she:

- Understands that the purpose of the fast is to develop sincerity, devotion, and empathy for others.
- Understands that the **fast is optional**
- Is able to fast as well as participate in learning fully, including in P.E. lessons
- Goes to bed early, receiving at least 8 hours of sleep.
- Only fasts if she is healthy enough to do so and has had Suhoor (early morning) meal
- Completes and returns the consent slip below (to her Learning Coordinator) by **Monday 8th November**.

We are encouraging those who will be fasting to donate their lunch money towards our Trust Charity – Shine Charity via ParentPay. More information about our charity can be found on this link: [Shine Charity | Part of Star Academies \(shine-charity.org\)](http://Shine Charity | Part of Star Academies (shine-charity.org))

In addition to this, as per our Faith policy, we have dedicated time factored in for ablution and Salah for Dhuhr during lunch and for pupils to complete Asr salah at the end of the school day. Please ensure your daughter brings a headscarf (we do not have spares) and a flannel (for ablutions and salah).

I would like to take this opportunity to thank you for your continued support of your daughter's personal and spiritual development at school.

Yours sincerely,

Javed Kachhalia
Faith and Character Lead

I, the Parent/Guardian of _____ Form _____

Consent to my daughter fasting the Sunnah fasts on Mondays and Thursdays, during the winter months.

Pupils name: _____ Date: _____

Signature: _____ Print name : _____

Relationship to above named pupil: _____

