



Dear Parent/Guardian,

21<sup>st</sup> October 2022

Assalaamu Alaikum - Peace be with you,

**Re: Winter Faith Programme (Prayer and Fasting)**

We are 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 31<sup>st</sup> October – Thursday 13<sup>th</sup> January 2023) 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 us.

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**
- Can fast as well as participate in learning fully, including 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
- Please follow your local Masjid's timetable

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 \(shine-charity.org\)](https://www.shine-charity.org)

In addition to this, as per our Faith policy, we have dedicated time factored in for ablution and Salah for Dhuhr after 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,

Shegufta Farooq-Bowkan

**Assistant Principal – Faith and Character SLT Link**

Moulana Javed Kachhalia

**Faith and Character Lead**

