



Eden Girls

Monday, 30 October 2023

Dear Parent/Guardian,
Assalaamu Alaikum - May peace be upon you
RE: Winter Salaah and Sunnah Fasting

We have successfully launched our Winter Salaah and Fasting programme today Alhumdulillah (Praise be to Allah). We would like to remind and inform you of our programme below.

Zohar/Asr Salaah (Afternoon Prayers)

From today, students will be asked to pray Zohar (afternoon) prayers during the school day. We will be providing time for your daughter to complete wudhu (ablution) and pray her Salaah in school. **Please ensure she brings a flannel (small towel) and a hijab (if she does not wear one to school) for her ablutions and prayer.**

During the month of December and January, we will also create time for your daughter to perform Asr Salaah (mid-afternoon prayers) before leaving for home at 3.05pm. This is allocated at the end of the day.

Praying Salaah is not only an important duty for Muslims; it is also a beautiful opportunity in a busy day to connect with our Lord. Salaah is a conversation with our Lord, a chance to express our gratitude to Him and pray to him for our success. It's a personal conversation with the Lord, intensely private and a powerful way to bring something good into our life every day.

Please encourage your daughter to pray Salaah with respect, punctuality, and sincerity. Please ask her each day about her prayer and praise her when she has prayed. If your daughter needs support in learning to pray, please ask her to speak with her Head of Year.

Sunnah Fast

It was the practice of our noble Prophet Muhammad (SAW) to fast on Mondays and Thursdays. To encourage our students to develop self-discipline and empathy for others, we are asking them to fast on Mondays and Thursdays during winter. This year, our fasts will be dedicated to alleviate the suffering of children in The Holy Land.

The fast programme started, **Monday 30th October**. If you would like your daughter to participate in the fasting programme, please ensure that she:

- Understands the purpose of fasting is to develop sincerity and empathy for others.
- Understands that the fast is optional.
- Can fast as well as participate fully in learning, including PE 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 a Suhoor (early morning) meal.



Faith Enrichment Clubs

To encourage students to develop their character and virtues, we have weekly Faith enrichment clubs after school until 4:00pm on Mondays and Wednesdays. These workshops will enable students to connect with the Quran and practice a skill which was beloved to the Prophet (SAW). We hope that your daughter will embrace these opportunities to revive the Sunnah. We are covering the following topics: Shamaail of The Prophet and Exploring the last 10 Surah of The Quran.

In addition to the above, the Science department is also delivering an after-school club called '**Science in the Quran**' on Mondays for Year 7, 8 and 9 students.

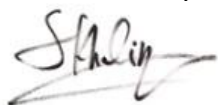
Gaza Conflict

Over the next few weeks, our school will continue to mark the current conflict by:

1. Completing the Qur'aan each week.
2. Dedicating our Sunnah Fast Programme to the children suffering in The Holy Land.
3. Continuing our fundraiser for Palestinian children and families in Gaza. Funds can be donated via ParentPay. You can also drop off cash to the school's reception office. The deadline for donation has been extended to **Monday 20th November**.
4. Providing counselling and a safe space to pupils affected by the violence.

Thank you for your continued support of our efforts. It is greatly appreciated.

Yours faithfully,



Sajid Khaliq
Principal