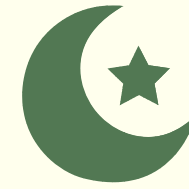


Hall Park Academy



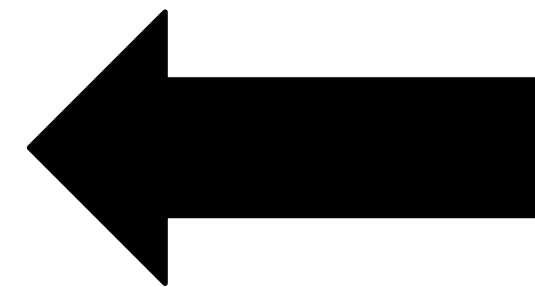
The Month of Ramadan

Fri 28 Feb – Sun 30 Mar 2025

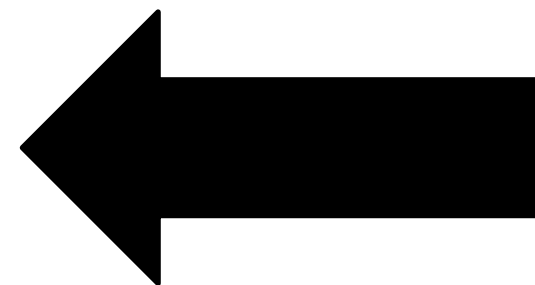


British Values	Hall Park Value	At Hall Park, we believe...
Democracy	Democracy	everybody has a role to play and people should be able to voice their opinions about the issues that matter to them in a DEMOCRATIC way.
The rule of law	Responsibility	laws and rules are there to keep us safe. Everyone needs to respect them and take RESPONSIBILITY for their actions.
Individual liberty	Independence	in the importance of individuals developing the self-esteem, confidence and initiative necessary to think INDEPENDENTLY .
Tolerance of those of different faiths and beliefs	Value	everyone's beliefs, religious or otherwise, should be VALUED and respected unless they encourage hatred or harm towards others.
Equality	Equality	people should be treated EQUALLY regardless of their race, gender, sexuality, religion or background.

Which of the **DRIVE** Values would Ramadan come under?



Individual liberty



Tolerance

Hall Park Learner

- **H**ard-working
- **A**mbitious
- **L**earners
- **L**eaders

- **P**articipants
- **A**mbassadors
- **R**esilient
- **K**ind



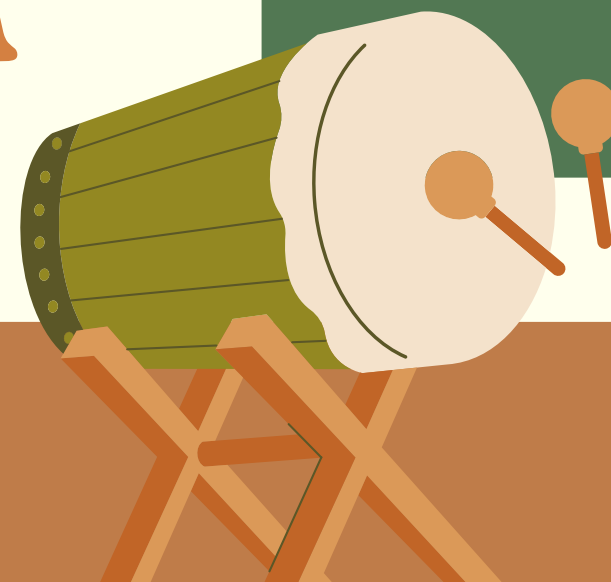
How does HPL link to today's assembly?

Meaning of Ramadan

Ramadan, the holy month in the Islamic religion, has a very deep meaning for Muslims around the world.

In the month of Ramadan, Muslims are expected to increase their worship, do good deeds, and maintain the purity of their hearts and minds.

Apart from that, Ramadan also teaches the value of empathy and social care through the teachings of sharing with others.





Themes of Ramadan

Let's explore the themes that make up the month of Ramadan.

Themes of Ramadan

Suhoor

A blessed time to fill oneself with energy and strength before starting fasting. Suhoor is a time to eat light food and drink before dawn.

Fasting

A form of worship that is best known in Ramadan. From sunrise to sunset, Muslims refrain from eating, drinking and other negative behavior.



Themes of Ramadan

Worship

Ramadan strengthens the practice of worship, including prayer, reading the Koran, and dhikr, as a way to draw closer to God and improve spiritual relationships.

Sharing

An important aspect of Ramadan is the attitude of sharing with others, through giving alms to those in need, supporting orphans, and expanding feelings of empathy towards others.

Tarawih

The nights of Ramadan are enriched with Tarawih prayers, which are performed after the Isha prayer. This is an opportunity to deepen your spiritual connection with God through congregational prayer.



Ramadan Practices

Let's explore some of the recommended practices during the month of Ramadan.



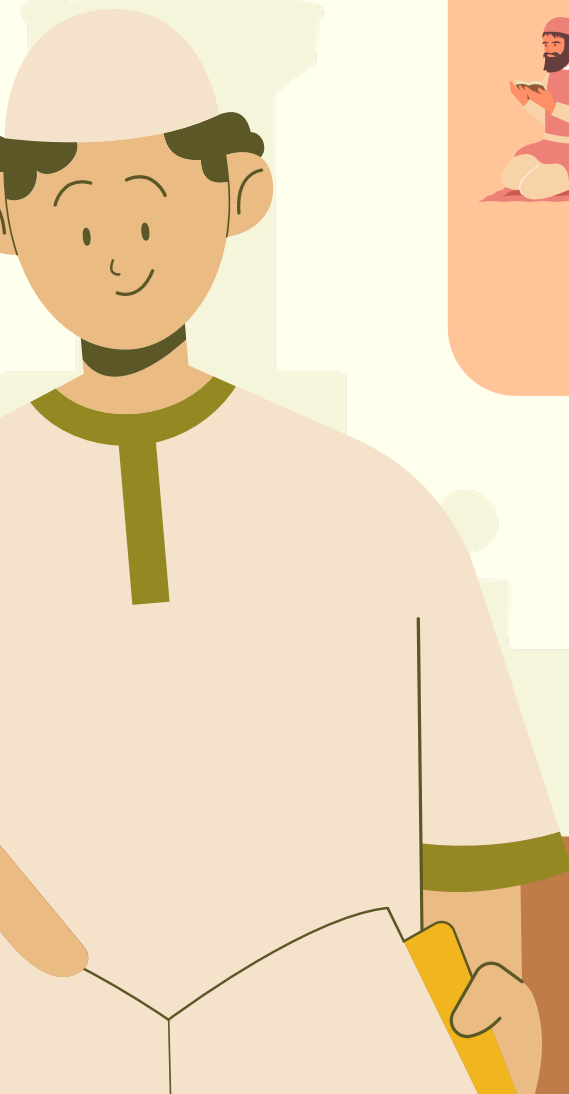
Prayers



Reading the Qur'an



Give charity



Patience

Community

The sense of togetherness during Ramadan, highlights the importance of community. What do we do to draw people together as a community?

- Ramadan is a test of patience, both in enduring hunger and in maintaining calm during stressful situations.
- How is learning patience important for our success at Kings?





The two most powerful warriors are patience and time.” - Leo Tolstoy



how can this be true?



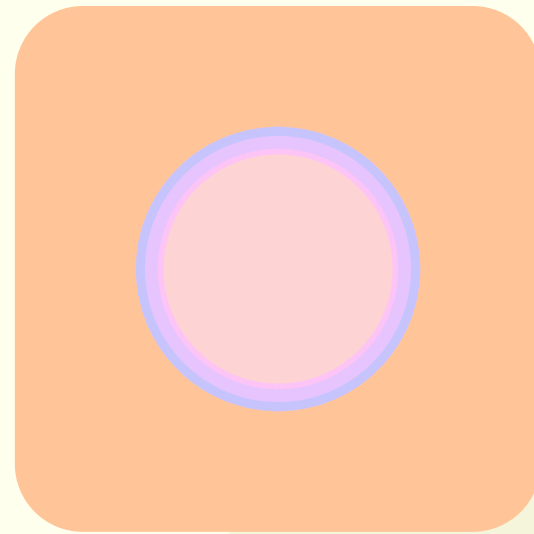
Patience is a super Power

- Waiting for uncomfortable emotions to pass
- Taking time to form the right words to express yourself
- holding on until your fight or flight response calms down
- Waiting to hear all of the possibilities before making a choice
- Allowing people time to change their minds
- Giving others grace or compassion as you would want to be given
- Giving yourself time to learn and progress

GIFTS
of patience

Patience Strategies

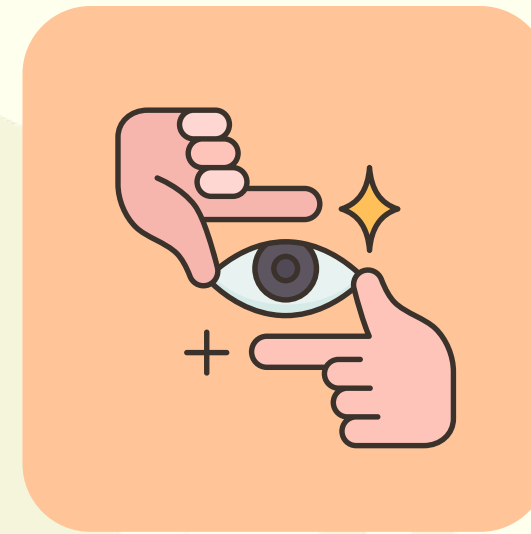
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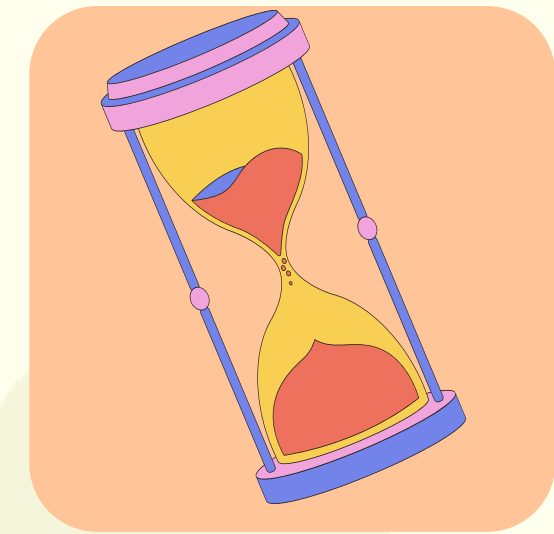
Breathe



Empathising



Perspective



Wait

Patience is a virtue

