

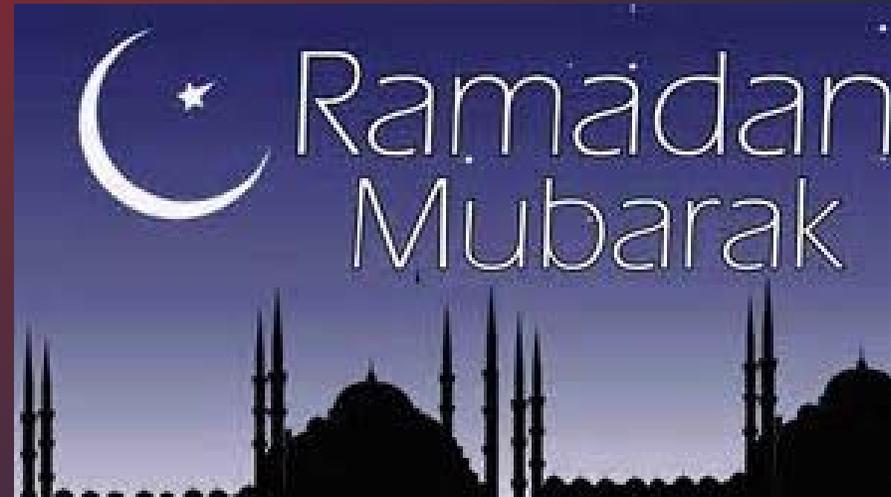


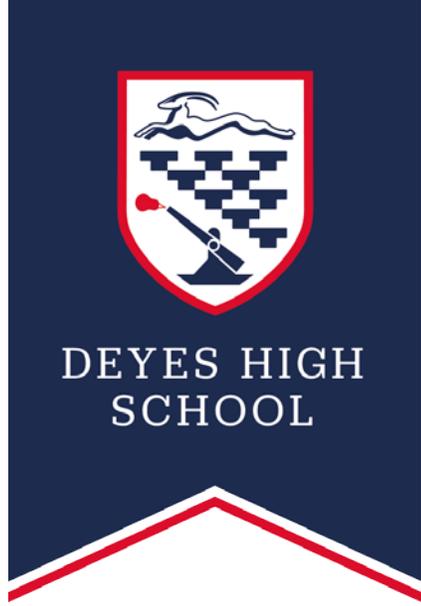
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SCHOOL

*Engage
Enable
Empower*

THOUGHT FOR
THE WEEK

Ramadan





WHEN IS RAMADAN?



Ramadan 2020

begin Thursday, 23 April

end Saturday, 23 May

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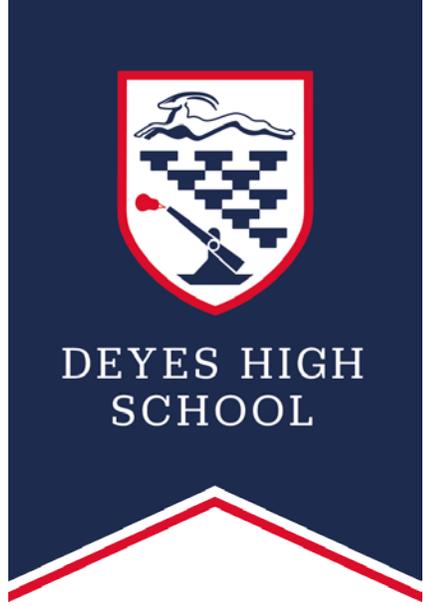
Why does the date of Ramadan change each year?

Muslim dates are determined by the cycles of the moon

This means the date moves back each year by around 11 days

As the calendar is based on lunar cycles, the date of Ramadan is subject to confirmation by a moon sighting close to that time as each month begins following an official sighting of the first crescent of the new moon

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WHAT IS RAMADAN?

Ramadan, the ninth month in the Islamic calendar, is a period of fasting observed by Muslims across the globe to celebrate “the best of times”.

It celebrates the first time the Qur’an was revealed to Muhammad, according to Islamic belief.

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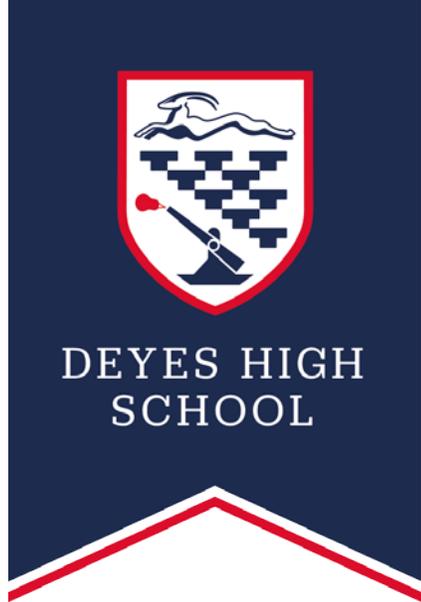
The fasting period, during which Muslims are not allowed to eat or drink, is from dawn to sunset.

Muslims engage in increased prayer activity during Ramadan and try to practice an increased self-discipline during this month too.

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SPECIAL PRACTICES

There are a number of special practices which are only done during Ramadan.

Fasting the whole month long

Although Muslims fast during other times of the year, Ramadan is the only time when fasting, or *sawm*, is obligatory during the entire month for every able Muslim. Ramadan is intended to increase self-control in all areas, including food, sleeping, sex and the use of time.

Taraweeh Prayers

These are long night prayers, which are not obligatory, but highly recommended. Mosques are filled with worshippers who go to attend these prayers, which usually last for one and a half to two hours. These prayers also give Muslims a chance to meet at the mosque every day, and so they also help to improve relationships in the Muslim community.

I'tikaf

I'tikaf refers to going into seclusion during the last ten nights of Ramadan, in order to seek 'Lailat ul Qadr' by praying and reading the Qur'an. Some people live in the mosque during this time for serious reflection and worship. Others spend a few hours at the mosque or home.



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WHO TAKES PART IN IT?

Fasting during Ramadan is only obligatory for healthy adult Muslims, anyone who is suffering from an illness, travelling, elderly, pregnant, breastfeeding, diabetic, chronically ill or menstruating are exempt from the practice.

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WHY IS RAMADAN IMPORTANT?

- The [Qur'an](#) was first revealed during this month
- The gates of Heaven are open
- The gates of Hell are closed and the devils are chained up

The Qur'an revealed

The month of Ramadan in which was revealed the Qur'an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong)

[al-Baqarah 2:185]

The actual night that the Qur'an was revealed to the Prophet Muhammad is called **Lailat ul Qadr**, and to stand in prayer on this one night is said to be better than a thousand months of worship.

Ramadan is often called 'month of the Qur'an' because of this, and Muslims attempt to recite as much of the Qur'an as they can during the month. Most mosques will recite one thirtieth of the Qur'an each night during the Taraweeh prayers.

No one knows on which particular night the Qur'an was first revealed, but it is said to be one of the last ten nights of Ramadan.

The gates of Heaven are open and the gates of Hell are closed

It was narrated from Abu Hurayrah (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: "When Ramadan comes, the gates of Paradise are opened and the gates of Hell are closed, and the devils are put in chains."

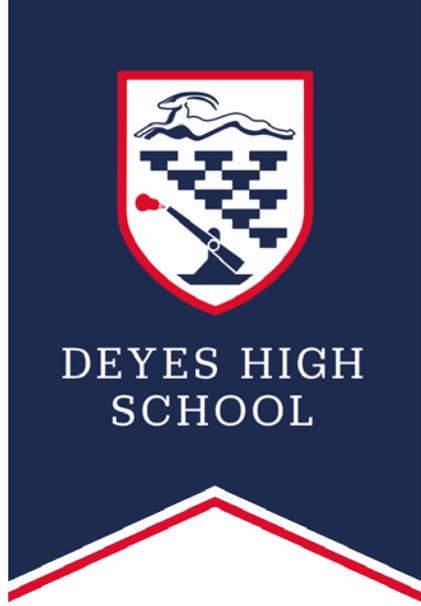
(Agreed upon)

Muslims believe that their good actions bring a greater reward during this month than at any other time of year, because this month has been blessed by Allah.

They also believe that it is easier to do good in this month because the devils have been chained in Hell, and so can't tempt believers. This doesn't mean that Muslims will not behave badly, but that any evil that they do comes from within themselves, without additional encouragement from Satan.

Almost all Muslims try to give up bad habits during Ramadan, and some will try to become better Muslims by praying more or reading the Qur'an.

Muslims believe that this is one way that the chaining up of the devils is manifested, since there is no other reason for them to do so.



RAMADAN KAREEM & RAMADAN MUBARAK

Ramadan Kareem means “may Ramadan be generous to you”

Ramadan Mubarak translates to mean either “Blessed Ramadan” or “Happy Ramadan”



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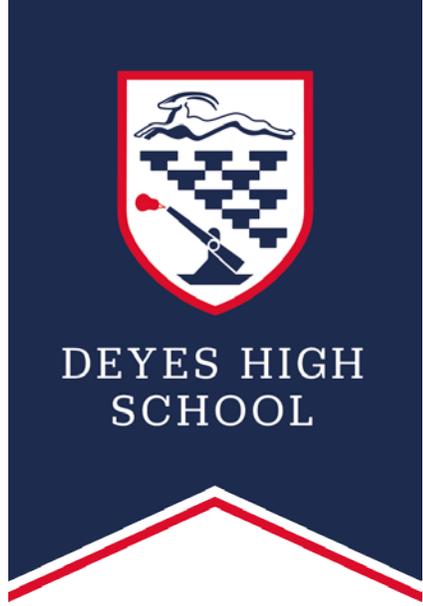
This is the most commonly used of the two greetings as it was originally used by the Prophet Muhammad

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EID AL-FITR



Eid al-Fitr , also called the "Festival of Breaking the Fast", is a religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan.

Eid al-Fitr is a time of worship and private family feasts, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited



[WATCH THIS TO FIND OUT MORE ABOUT THIS FESTIVAL OF CELEBRATION!](#)

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War veteran, 99, raises £11m for NHS by walking lengths of back garden

A 99-year-old war veteran has raised more than £11m for the NHS by aiming to walk 100 lengths of his back garden before his 100th birthday. Capt Tom Moore, originally from Keighley in West Yorkshire, initially planned to raise £1,000 through the challenge. However, after launching his campaign on 8 April and raising £70,000 in 24 hours, he extended his fundraiser and hit £1m on Tuesday morning. By 3.30pm he reached £2m, and had passed £4m by midnight. On Wednesday morning his Twitter account said: “6 MILLION POUNDS!! Thank you everyone, this is all for our incredible NHS Charities.”

Moore, who lives with his family in Bedfordshire, told the BBC: “I think that’s absolutely enormous. At no time when we started off with this exercise did we anticipate we’d get anything near that sort of money. It just shows that people have such high regard for matters of our National Health Service and it’s really amazing that people have paid so much money. It’s almost unbelievable isn’t it?” The number has continued to climb, and shortly after the veteran was name-checked by the health secretary, Matt Hancock, in the Downing Street daily briefing on Wednesday, the total passed the £8m mark. By the evening it was well on the way to £10m and is still growing. He is walking 10 laps of the garden a day with the help of his walking aid, and had hoped to hit 100 laps in time for his birthday on 30 April – but according to his daughter, Hannah, he is likely to reach his goal on Thursday.

Moore served in the second world war after being selected for officer training in 1940 and completed postings in India and Sumatra. He returned to work as an instructor at an armoured fighting vehicle school in Bovington, Dorset. “Our brave nurses and doctors are frontline in this case ... this time our army are in doctors and nurses uniforms and they’re doing a marvellous job,” Moore said. His wife was ill for several years and died in 2006, while Moore had been treated for a broken hip and skin cancer, so he continued to feel a close connection with the NHS, his daughter said. Hannah said that although her father was overwhelmed when he raised £1m he responded with a determination to walk more.

She said: “He’s a typical Yorkshireman, so he’s very stoic, very controlled and takes everything in his stride. We always knew that he was this incredible gem of a man, but we never had any idea that his story would capture the hearts of the nation. “We thought we could give people a little bit of happy and we wanted to share a little bit about him, and it has just gone beyond even our wildest, wildest, dreams.” All the money Moore raises will be donated to NHS Charities Together to go towards wellbeing packs and rest and recuperation centres for staff on the frontline, as well as electronic devices for patients to communicate with their families while in isolation. Ellie Orton, the chief executive of NHS Charities Together, said: “I think I join the rest of the country in being truly inspired and profoundly humbled by Capt Tom and what he’s achieved.

WATCH THIS!

<https://youtu.be/32Ba4CVLNYI>

