



*This week on...*

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**WELCOME BACK TO**

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Assembly this week will focus on celebrating World Religion Day, which takes place on Sunday 21<sup>st</sup> January 2024. 'World Religion Day' celebrates the unity of religions from around the world and encourages us to respect the beliefs of others.

At Warlingham school, we are a religiously diverse community and committed to ensuring everyone feels safe, valued, and heard and that all our differences are acknowledged, respected and celebrated. As well as encouraging social connection, religion can help people to cultivate positive emotions that are good for mental and physical wellbeing. In the spirit of this, I would like to share with you an account from one of our students who shares with us what their religion means to them.

### **How can I use this?**

- Sharing this story, and others like it, we help our students develop awareness and empathy.

***See you next week!***

## **What being a Muslim means to me**

*'I am a Muslim, which means I believe that there is only one God and that we follow the teachings of the prophet Muhammad peace be upon him and the Holy Quran. It's a religion that brings great peace to my heart and teaches me something new everyday. It enforces women's rights, offers guidance through examples of prophets, and teaches to show love and respect to all, even yourself!*

*Because of these things I love my religion and practicing it, that's why It saddens me to see such a rise in Islamophobia. People often take quotes from the Quran without context or false translations and believe that women are instead oppressed, or that hate is encouraged when it is in fact the inverse. Yet when I wear a hijab, I can't help but feel protected and confident in myself. When I take five breaks a day to pray it gives me time away from the stresses of life and relaxes me. When I fast in Ramadan, it helps me to create better habits and destroy bad ones for a better quality of life over the rest of the year.*

*Islam has done nothing but benefit me and offer strength in my hard times and solidarity in my community. That is why despite rising Islamophobia, I could not be prouder to be a Muslim.'*