

Ramadan Kareem

Dear Parents,

The holy month is a time of deep reflection, self-discipline, and spiritual growth. It fosters values such as gratitude, patience, empathy, and generosity. These teachings should not be confined to just one month but carried forward throughout the year. By incorporating these values into our daily lives, we continue to strengthen our character and maintain a sense of purpose and mindfulness in all that we do.

Gratitude and Patience

One of the key lessons of this month is gratitude, being thankful for our blessings and recognizing the importance of contentment. Practicing daily gratitude by reflecting on what we have and expressing appreciation for others fosters a positive mindset. Simple acts like keeping a gratitude journal or taking a moment each day to acknowledge our blessings can have a profound impact on our well-being.

Another essential value is patience. Fasting teaches endurance and self-control, qualities that can help us navigate life's challenges with resilience. Whether at school, home, or in personal relationships, exercising patience leads to thoughtful decision-making and stronger bonds with others.

Acts of Kindness and Charity

One of the most beautiful aspects of this month is the spirit of giving. Whether through small acts of kindness or supporting those in need, these actions bring us closer to our community and enhance our sense of compassion. However, our commitment to helping others should not end with this month.

Sustaining Spiritual and Personal Growth

This time serves as an opportunity for deep spiritual connection, encouraging reflection, prayer, and self-improvement. Implementing these habits will ensure continuous personal growth and a stronger sense of faith.

Practice self-discipline: The holy month teaches self-restraint, which can be applied to various aspects of life, such as time management, healthy habits, and goal setting. By internalizing these values into our daily lives, we not only improve ourselves but also contribute to a more compassionate, united, and purpose-driven world. Let's strive to make these teachings a lasting part of our lives and inspire others to do the same.

Leadership Gemstones

As this is a special month, we have two Gemstones:

- The Gemstone for Ramadan—Amethyst: Emphasizes the importance of reflection, service, and taking responsibility. Amethyst promotes mindfulness and encourages self-control and discipline.
Quote for Week 1 of Ramadan: "Purpose gives meaning to the smallest of actions."
- The Gemstone for the Month of March—Diamond: Emphasizes the importance of honesty and staying true to one's values, even in tough situations.

Quote for Week 1 of March: "Your choices show who you are, especially when you pick what's right over what's easy."

By instilling these values in our students, we aim to nurture individuals who lead with integrity, compassion, and purpose.

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

Executive Leader - Climate Change الرئيس التنفيذي - تغير المناخ