



Eid al-Fitr 2022

As the holy month is coming to an end, we wanted to get in touch and wish all our families who are participating a sincere Ramadan Mubarak! It is a gift to see so many young people take seriously the commitment to their faith and the importance of the holy month.

We wanted to confirm our expectations of attendance for the end of this month and give families an opportunity to get in contact if they have any questions. We will support families by providing one day of authorised absence for religious observance.

If you are accessing this day for religious observance can you please reply Yes to the message you receive this newsletter on.

## Tips to remove henna

### Salt water soak

You may want to start the henna removal process by soaking your body in water with an exfoliating agent, like sea salt. Epsom salt, or even table salt, works too. The sodium chloride in salt can help nourish your living skin cells and get rid of dead ones. Pour about half a cup of salt into the warm water of a half-full bathtub and soak for twenty minutes.

### Exfoliating scrub

Scrubbing your skin with an exfoliating face or body wash may help remove henna quickly. Using one that contains a natural exfoliating agent, like apricot or brown sugar, minimizes the irritation to your skin. Make sure to use a moisturizer or apply coconut oil after exfoliating your henna tattoo.

### Olive oil and salt

Mixing one cup of olive oil with three or four tablespoons of sea salt creates a mixture that may be able to loosen the henna dye from your skin while exfoliating the fading tattoo. Use a cotton swab to fully coat your skin and let the olive oil soak in before gently rubbing off the salt with a wet washcloth.

### Antibacterial soap

The high alcohol content and exfoliating scrubbing beads in antibacterial soap can help get rid of henna dye. Scrub your hands a few times a day with your favorite antibacterial soap, but be careful about drying out your skin. Apply a moisturizing cream to your body after using antibacterial soap to get rid of henna.

### Makeup remover

Any silicone based make-up remover can work as a gentle way to get rid of henna dye. Use a cotton swab or Q-tip to fully saturate your henna tattoo and then remove the makeup remover with a dry cloth. You may need to repeat this a couple of times.

### Micellar water

Micellar water can bond to henna dye and help lift it away from skin. This method is especially gentle on your skin. Make sure to soak your skin completely with the micellar water and let your skin absorb it. Then apply some pressure as you rub your skin dry.

### Hair conditioner

A hair conditioner product meant to moisturize your hair can also remove henna. Apply the conditioner to the tattoo and make sure your skin has time to absorb it fully. Rinse off with warm water.

**A great attitude becomes a great mood. A great mood becomes a great day. A great day becomes a great year. A great year becomes a great life.**

### How we will be celebrating as a school

- In school we are counting the days to Eid using the Ramadan calendars we have in various rooms around school.
- Ramadan and its importance is being taught in some subjects at this point.
- Ramadan displays in our 2 dining areas.

### What support is being offered in school for those fasting?

- A separate room will be provided for those students who wish to have quiet thought and reflection.
- Students can slow down during PE.
- Any additional prayer sessions can be discussed with your child's Learning Manager.

**No Henna is allowed in line with the uniform policy.**

**One days authorised absence is allowed for Eid.**

**\*\*A total of three days authorised absence is allowed over the year for religious festivals. Please remember there are two Eid's which will be celebrated this year.**