

March 2024 Edition

Busy Bees.
Education and Training

Learner NEWS

In this issue...

International Women's Day

Easter

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A Day in the Life of an IQA



**Scottish
Apprenticeship
Week 2024**

**WHO WILL
BE OUR
SCOTTISH
STAR
LEARNER?**

**Scottish
Apprenticeship
Week 2024 4-8 March**

**Celebrating
our Scottish
Apprentices**



**Skills
Generation**



Scottish Apprenticeship Week is a nationwide celebration of apprenticeships. It's a time when everyone can promote the benefits of work-based learning to people, employers and Scotland.

The week shines a spotlight on the benefits that work-based learning brings to:

- people of all ages and backgrounds
- employers of all sizes
- Scotland's economy

We are awarding one Star Learner this week with a Star Award, so watch this space on our social media platforms when they are revealed.



What is Dyspraxia?

Dyspraxia, also known as developmental co-ordination disorder (DCD) is a common disorder that affects movement and co-ordination.

Dyspraxia does not affect your intelligence. It can affect your co-ordination skills - such as tasks requiring balance, playing sports or learning to drive a car. Dyspraxia can also affect your fine motor skills, such as writing or using small objects.

Symptoms of dyspraxia

Symptoms of dyspraxia can vary between individuals and may change over time. You may find routine tasks difficult.

Signs of Dyspraxia

- your co-ordination, balance and movement
- how you learn new skills, think, and remember information at work and home
- your daily living skills, such as dressing or preparing meals
- your ability to write, type, draw and grasp small objects
- how you function in social situations
- how you deal with your emotions
- time management, planning and personal organisation skills

Dyspraxia should not be confused with other disorders affecting movement, such as cerebral Palsy and Strok. It can affect people of all intellectual abilities.



Causes of Dyspraxia

It's not known what causes dyspraxia. You may be at a higher risk of developing it if you were born prematurely.

Dyspraxia is more common in men and often runs in families. (NHS.UK)

You can learn more here <https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia-in-adults>

See what one of our Internal Quality Assurers Michelle Date gets up to...

A bit about me - I started my Assessor role in 2009 and then moved to BBET in March 2012, having gained my IQA Award with my previous employer. I worked as a DC for many years, and then as IQA and Team Leader from about 2018 to 2020 when the roles were split. With me then focussing mainly on quality and being full time IQA.

My day in a nutshell -

Log on and check emails and messages, responding or diarising anything that needs addressing. Then usually I will be marking any multiple-choice tests for EPAs that have come in. Emailing the learners with feedback and scores.

EPA mocks. These take between 60-90 minutes, giving advice on what to expect in the real EPA, how to use portfolio, extending answers and advising on revision and research. The mock test takes about 30 minutes of this session. Most weeks there are about 2/3 of these to do with learners.

The rest of the day is often spent sampling. This could be completing EPA checkpoints to ensure that learner's journeys are progressing as expected and meeting their individual needs. It could be sampling of diploma evidence in line with EQA handbooks. It could be final sampling with checking that all areas of journey are completed, such as checking EPA folders, claim to competency, final review and off the job are all met and compliant for final claims. We look at all parts of the learner journey and will include this on our sampling reports and deep dive reports. So, things like planning, feedback, reviews, IEPs, types of assessments being planned, mapping of evidence, and the learner targets being timely met for completion and progression too.



A day in the life of an IQA

Booking of meetings for mock EPAs takes some time, ringing the setting and agreeing on times and dates. Then emailing mock tests and instructions for how to prepare for EPA mocks.

Some days there are other meetings too - standardisation preparation and team meetings. These are weekly so that we can catch up as a team and ensure we are consistent in our approach, sharing any achievements and concerns. There are sometimes 121s with DCs and RMs that we attend. These are great so that we can share achievements and target setting and get the heads up of any learners that may need early sampling or booking of EPA mocks. We work closely with the RMs to address any development needs for the DCs and make sure that everyone has the tools and support to get the best experience in their roles and for the learner's successful journey.

We will often attend training and Awarding Organisation training too. These include getting sector specific updates, changes to resources and platforms that we use to track, log and monitor.

These can include supporting evidence for audits and Ofsted too, such as evidencing our own CPD and keeping up to date with changes in the sector as a whole. Logging these monthly on our own CPD is then done.

Sometimes we get to go out and meet DCs in settings, doing quality observations. This is a great way to see nurseries and settings with their changes and updates. We get to spend quality time with the DCs to observe their practice and support their development. Giving ideas on how to utilize spontaneous observations, wording of questions to gain the most knowledge, supporting wider learning and preparation for EPA and the learner's careers beyond their apprenticeships. Many of these quality observations are done over Teams too, being more time effective for travel and logistics for distance (especially as some of my DCs are based in Scotland and me being in Brighton!) We get to complete learner and employer questionnaires, using their feedback to further develop our wider delivery, and to make sure that we are fulfilling the employer's needs as well as learners. This can sometimes be guiding them to employers' toolkits, apprenticeship websites and taking on board their worries too.

Every day is different and exciting. Although many of the things we do are repetitive processes, every learner and DC is different, so every sample is different. It's a great role to have, as you never know what you're going to get to do. You need to be flexible to drop everything to support someone, do an unexpected completion, or attend a meeting. But you also need to be organised and plan ahead with tasks too. Such as booking in the mock EPAs and booking sampling so nothing is forgotten. You get to be a dab hand at using spreadsheets and sampling plans.

I really enjoy my role, and the local and wider teams that I get to work with and would recommend this to anyone looking to upskill from being a DC to an IQA.

Have you ever wondered what next?

EASTER

Easter is the most important festival in the Christian calendar. It celebrates Jesus rising from the dead, three days after he was executed.

When is Easter?

In 2024 Easter Sunday is on 31 March. The week leading up to Easter is called Holy Week. The date of Easter Sunday varies from year to year. It is celebrated on the first Sunday after the full moon, on or after 21 March.

Easter Eggs

An egg is a symbol of new life. For Christians, Easter eggs are used as a symbol for the resurrection of Jesus. Christians believe that, through his resurrection, Jesus overcame death and sin. This offers people the promise of eternal life if they follow his teachings. Nowadays, most Easter eggs are made from chocolate and covered in coloured foil. Traditionally though, chicken eggs would be hard boiled and then decorated by hand. Traditional Easter egg hunts remain popular with both Christian and non-Christian children.



Holy Week

Palm Sunday

This is the Sunday before Easter Sunday.

It is the first day of Holy Week and celebrates Jesus's arrival in Jerusalem riding on a donkey. Crowds of people came out of the city to greet him, throwing down palm branches on the road.

Anglican and Roman Catholic churches give out small crosses made from palm leaves, as a reminder of Jesus's entrance into Jerusalem and his death on the cross. Some Christians keep these in their homes all year as a symbol of their faith.

Good Friday

Good Friday is the Friday before Easter Sunday.

It commemorates the execution of Jesus by crucifixion. Good Friday is a day of mourning in church. During special Good Friday services Christians remember Jesus's suffering and death on the cross, and what this means for their faith. In some countries, there are special Good Friday processions, or re-enactments of the Crucifixion.

Maundy Thursday

This is the Thursday before Easter Day.

On Maundy Thursday Christians remember when Jesus ate the Passover meal with his disciples, breaking bread and drinking wine. Christians refer to this meal as the Last Supper.

Many Christians remember the Last Supper by sharing bread and wine together in a church service called Holy Communion, Eucharist or Mass. It is a reminder that Jesus sacrificed his life for mankind.



Easter Sunday

Easter Sunday marks Jesus's resurrection. After Jesus was crucified on the Friday his body was taken down from the cross and buried in a cave tomb. The tomb was guarded by Roman soldiers and an enormous stone was put over the entrance.

On Sunday Mary Magdalene and some of Jesus's disciples visited the tomb. They found the stone had been moved and that Jesus's body had gone. Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people. His followers realised that God had raised Jesus from the dead. Christians call this the resurrection.

Drug Addiction

What is drug addiction

Drug addiction is a condition that develops when a person uses drugs to the point where they become reliant on them and have a compulsive need to take them despite negative consequences. This can happen after using drugs for a short period of time, or it can happen after years of drug abuse. Drug addiction is a chronic and progressive condition, which means that it gets worse over time.

What factors may contribute to drug addiction

There are a number of factors that can contribute to drug addiction. These include genetics, mental health problems, trauma and environment. If you have a family member who is addicted to drugs or you were exposed to drug abuse at an early age, you are more likely to develop an addiction. This is why drug abuse and addiction are often seen to "run in families". Mental health problems and traumatic experiences can also increase your risk of drug addiction, as you may turn to drugs in order to self-medicate or cope with the trauma. This often results in a vicious cycle of drug abuse and mental health symptoms because the drug use only exacerbates the underlying problems.

How common is drug addiction in the UK?

It can be hard to get a true idea of the scale of drug addiction in the UK because many people who struggle with drug addiction do not seek help. However, there were two-hundred and seventy thousand people in contact with drug treatment services between April 2019 and March 2020. If you consider that the vast majority of drug users will not be in contact with drug treatment services, it is likely that the true number of people suffering from drug addiction in the UK is actually much higher. The economic impact of drug abuse on the UK is also enormous. According to recent research carried out by the government's chief drug policy advisor Dame Carol Black, illicit drug use costs the country almost £20 billion a year. This results in funding being diverted away from other important areas such as education, health and housing which all have a knock-on effect on people's lives and wellbeing.

Read more here

<https://www.talktofrank.com/>
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-and-alcohol/>

What are the health impact of drugs

There are a variety of drugs that can cause addiction. These include cannabis, methamphetamine, cocaine, opioids and various prescription drugs. Each of these drugs has its own unique effects, but all of them can lead to addiction if they are abused or used excessively on a regular basis. Depending on the type of substance, drug addiction can have a range of short-term and long-term effects. These effects can be physical, mental or emotional and you can experience them from the very first time you take the drug. Short-term effects of drug addiction include things like impaired judgement, slurred speech, drowsiness, hyper aggression, paranoia, nausea and extreme dehydration. Long-term effects of drug addiction include organ damage, memory problems, mental health issues, increased risk of stroke and heart attack, and potentially even death.



Signs of drug addiction in yourself

Addiction can be difficult to spot because it is very sneaky and is often able to convince a person and those around them that there is no issue. In order to get help as soon as possible, however, it is first crucial that you are able to identify and accept that you have a drug addiction. To help you see through the web of deception that addiction weaves, here are some signs of drug addiction to look out for:

- Spending a lot of time obtaining, using or recovering from drugs
- Trying to cut down or stop using drugs but being unsuccessful
- Giving up important activities in order to use drugs
- Using drugs despite them causing problems in your life
- Continuing to use the drug despite physical or mental health problems
- Developing a high tolerance to drugs and needing to use more to maintain a satisfying effect
- Experiencing withdrawal symptoms when not using drugs
- Lying to friends and family about your drug use

Help and Support

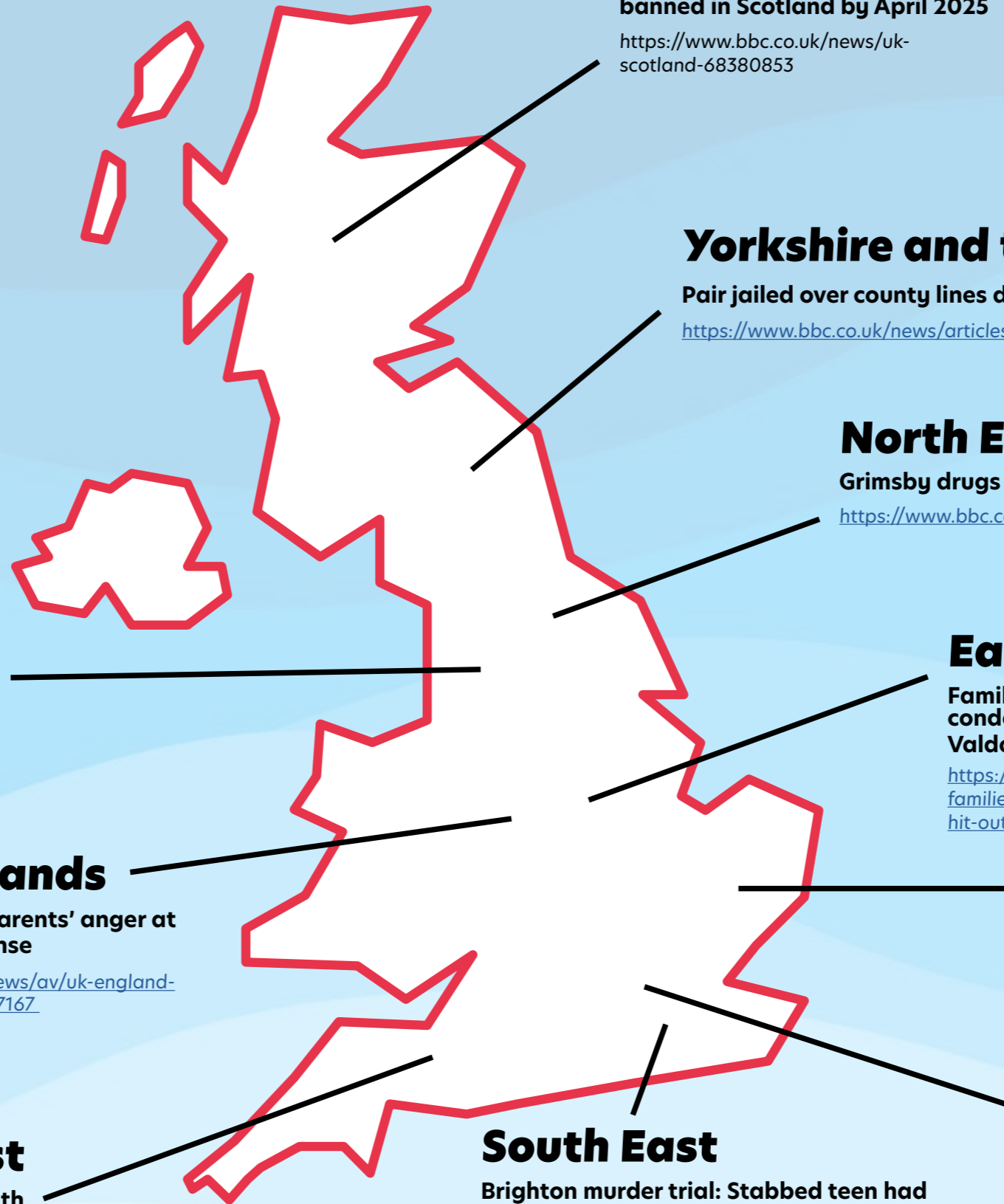
<https://www.talktofrank.com/>

<https://www.wearewithyou.org.uk/>

<https://www.turning-point.co.uk/>

Safeguarding

What's happening in your area?



Scotland

Single-use vapes could be banned in Scotland by April 2025

<https://www.bbc.co.uk/news/uk-scotland-68380853>



Yorkshire and the Humber

Pair jailed over county lines drugs operation

<https://www.bbc.co.uk/news/articles/c4nvd3923dgo>

North East

Grimsby drugs gang jailed for 35 years

<https://www.bbc.co.uk/news/articles/cgx5j1xe2v1o>



East Midlands

Families of victims of triple killer condemn Nottinghamshire Police over Valdo Calocane case

<https://www.itv.com/news/central/2024-02-26/families-of-victims-of-triple-killer-valdo-calocane-hit-out-at-police>

East of England

Luton drug dealers jailed for modern slavery offence

<https://www.bbc.co.uk/news/uk-england-beds-bucks-herts-68381263>

London

Daniel Spargo-Mabbs: Drugs forum launched to mark overdose death

<https://www.bbc.co.uk/news/uk-england-london-68346263>



North West

MP backs Brianna Ghey mum's call for social media safeguarding

<https://www.bbc.co.uk/news/uk-england-manchester-68204499>



West Midlands

Alfie Steele: Grandparents' anger at safeguarding response

<https://www.bbc.co.uk/news/av/uk-england-hereford-worcester-68107167>



South West

More than 185,000 children in the South West in poverty - charity

<https://www.bbc.co.uk/news/uk-england-devon-68347619>



South East

Brighton murder trial: Stabbed teen had £20,000 drug debt, court hears

<https://www.bbc.co.uk/news/uk-england-sussex-68350001>

#Inspireinclusion



International Woman's Day is celebrated on 8th March every year.

It is a United Nations recognised worldwide event to celebrate women's achievements no matter their national, ethnic, linguistic, cultural, economic or political situation or identity.

It is also about campaigning for gender equality and universal suffrage around the globe and gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

The first National Women's day was celebrated in the USA in 1908, in solidarity with women factory workers who were striking over working conditions.

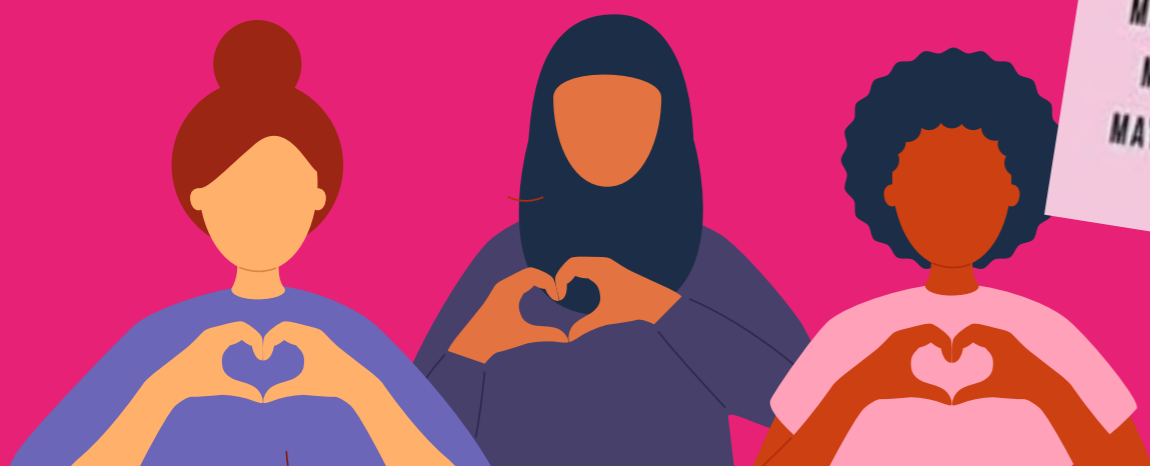
Women's Days were celebrated on various different dates across Europe, during the early part of the 20th century. After World War II there began to be more International Woman's Day celebrations held on March 8th.

In 1975 the United Nations began celebrating the day, and in 1977 adopted 8th March as an International United Nations Day.

Learn more here

<https://www.internationalwomensday.com/>

HERE'S
TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.

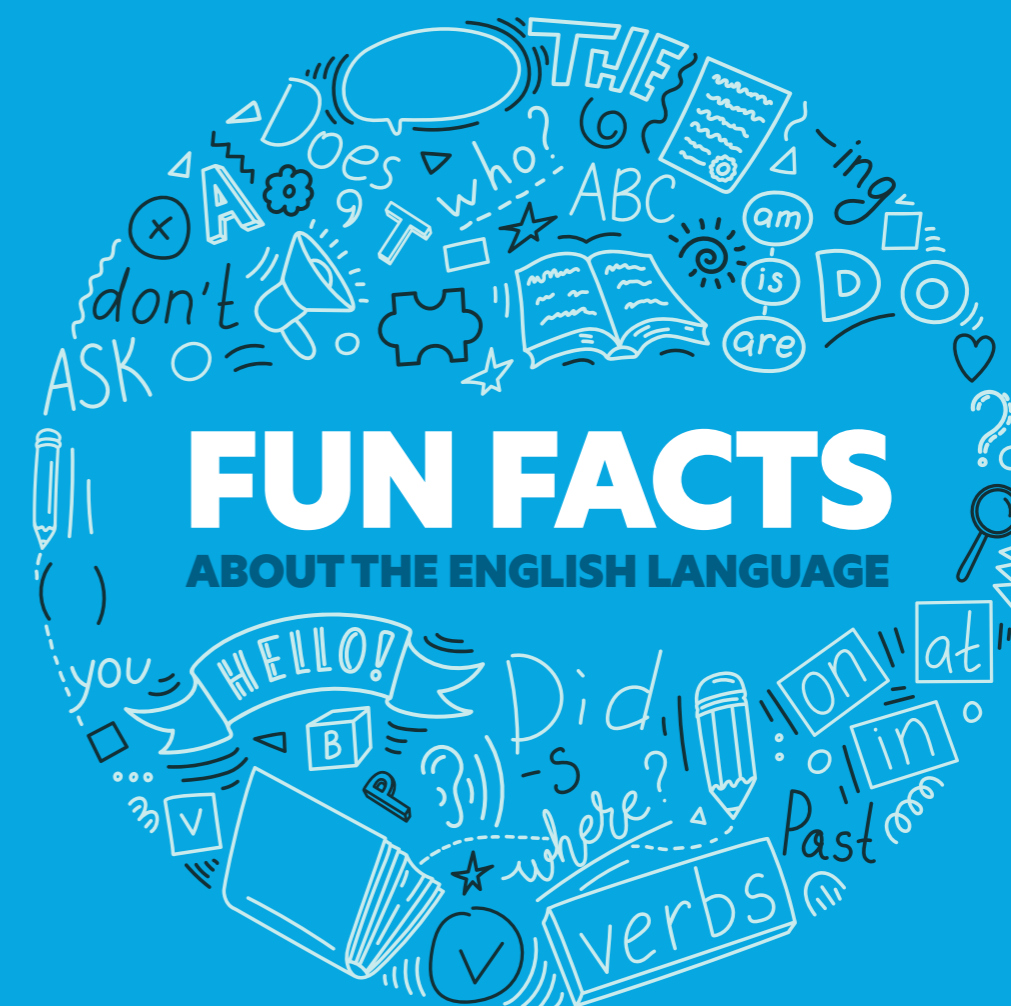


English used to have grammatical gender

Grammatical gender is one of the things English got rid of over time.

It was present in the English language until the 13th century and it was expressed through articles! There used to be a masculine article 'se' and a feminine 'seo'. Even when using pronouns, you wouldn't say 'it' for things, as you do today, but you'd say 'he' or 'she', depending on the gender.

Some linguists believe the gender ceased to exist because of the Vikings. When they invaded Northern England, they brought their language, Old Norse, which also had genders. The trouble was they didn't always match the ones in English, so they think people stopped using them to avoid complications.



The English alphabet used to have more letters

If you've ever thought English spelling is complicated, think again. Did you know it used to have even more letters than today?

As English has evolved it has been simplified. Thank goodness for that because there's no way English would have made it as a global language with a dozen additional letters.

For example, there was 'thorn', a letter that was written almost like p, but pronounced as today's 'th'. Also there was a 'yogh', pronounced as 'ch' in Middle English. And a long S that looks much like the letter F in cursive.



DID YOU KNOW? 1 MARCH IS SELF-INJURY AWARENESS DAY

SIAD occurs on 1st March every year, and has done so for seventeen years or more. SIAD is an international event that is recognised across the globe.

Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear and reducing the number of people who feel alone and suffer in silence.

Raising awareness is about educating people who do not self-injure, and reaching out to people who do.

What is Self-Injury

Self-Injury is when someone intentionally causes damage or harm to their own body. Examples include cutting, burning, poisoning and bruising are often used as a coping mechanism or to express overwhelming emotional distress, but can also be used for other reasons such as dealing with intrusive thoughts or voices.



MYTH...

Self-Injury is a way to seek attention

This is untrue! Many people who self-harm feel ashamed of it and find it hard to seek help. They often hide their self-harm from others. If you notice someone's self-injury, it means they need help and

Self-Injury is a failed attempt at suicide

This is not true! Many people who self-injure are not suicidal but use it to cope with overwhelming emotional issues. For many people self-harm is about surviving.

Defining Self Injury

In the UK alone self-injury affects at least 10% of young people and 6% of adults. These are only the people we know of - it is predicted to be much higher. It is known that up to 50% of people don't seek support.

(selfinjurysupport.org)

Self-Injury affects people of all genders, ages and backgrounds.

Help and Support

- Mind - call 0300 123 3393 or text 86463 (9am to 6pm on weekdays)
- Harmless - email info@harmless.org.uk
- Young Minds Parents Helpline - call 0808 802 5544 (9.30am to 4pm on weekdays)
- National Self Harm Network forums
- Health for Teens - self-harm information and advice



Why do people harm themselves?

There are no fixed rules about why people self-harm. It really can be very different for everyone.

For some people, self-harm is linked to specific experiences and is a way of dealing with something that's either happening at the moment or which happened in the past. For others, the reasons are less clear and can be harder to make sense of.

Sometimes you might not know why you hurt yourself. If you don't understand the reasons for your self-harm, you are not alone and you can still get help. Any difficult experience can cause someone to self-harm. Common reasons include:

- pressures at school or work
- bullying
- money worries
- sexual, physical or emotional abuse
- bereavement
- homophobia, biphobia and transphobia (see LGBTQIA+ mental health)
- breakdown of a relationship
- loss of a job
- an illness or health problem
- low self-esteem
- an increase in stress
- difficult feelings, such as depression, anxiety, anger or numbness.



FIND OUT MORE HERE

<https://www.selfinjurysupport.org.uk/Pages/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/useful-contacts/>

Join our teaching sessions

○ Early Years sessions

● Residential care sessions

● Management sessions

● Teaching Assistant sessions



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>09:30 - 11:30 Introduction to Leading within an Early Years Setting</p> <p>09:30 - 11:30 Theme 3 - Keeping Children Safe in Education</p>	<p>1</p> <p>09:30 - 11:00 Theme 1 - The Curriculum Including adaptations</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>09:30 - 11:30 Introduction to Leading within an Early Years Setting</p> <p>09:30 - 11:30 Theme 3 - Keeping Children Safe in Education</p>	<p>5</p> <p>13:00 - 14:30 Working in Partnership with Others</p>	<p>6</p> <p>11:00 - 13:00 Health and Safety</p> <p>10:00 - 12:00 Safeguarding</p>	<p>7</p> <p>09:30 - 11:00 Health, Wellbeing and Resilience</p> <p>11:00 - 13:00 Dynamics of a team</p>	<p>8</p> <p>09:30 - 11:00 Health, Wellbeing and Resilience</p> <p>13:00 - 15:00 Theme 2 - Pupil's Learning and Development including needs and Key Stages</p>	<p>9</p>	<p>10</p>
<p>11</p> <p>11:00 - 13:00 Equality and Communication</p>	<p>12</p> <p>10:00 - 12:00 Safeguarding 14:00 - 16:00 Health and Safety</p> <p>09:30 - 11:00 Theme 7 - Reflections Practitioner 10:00 - 11:00 Theme 6 - Working in Partnership with others</p> <p>10:00 - 12:00 Equality and Communication 13:00 - 15:00 Cognitive Development</p>	<p>13</p> <p>10:30 - 12:30 The Reflective Practitioner</p> <p>11:00 - 13:00 Development, Assessment Play, and Pedagogy</p> <p>10:30 - 12:30 Theme 4 - Health and Safety</p>	<p>14</p> <p>09:30 - 11:30 Professional Development</p> <p>10:30 - 12:30 The Reflective Practitioner</p>	<p>15</p> <p>09:30 - 11:30 Working in Partnership with Others</p> <p>10:00 - 12:00 The Reflective Practitioner</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>11:00 - 13:00 Positive Outcomes for Children and Young People</p> <p>11:00 - 12:00 Theme 5 - ICT, Technology and School Systems</p> <p>09:30 - 11:30 - Safeguarding 14:00 - 16:00 Equality, Diversity, and Inclusion</p>	<p>20</p> <p>13:00 - 15:00 Development, Assessment Play, and Pedagogy</p>	<p>21</p> <p>10:00 - 11:30 Safeguarding</p> <p>10:00 - 11:30 Equality, Diversity, and Inclusion</p> <p>09:30 - 11:00 Group Living Partnership Working Health</p>	<p>22</p> <p>10:00 - 11:30 Health, Wellbeing and Resilience</p> <p>13:00 - 14:30 Health, Wellbeing and Resilience</p>	<p>23</p>	<p>24</p>
<p>25</p> <p>14:00 - 16:00 Legislation and Guidance</p>	<p>26</p> <p>10:00 - 12:00 Safeguarding</p>	<p>27</p> <p>10:00 - 12:00 Stakeholders</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>

Did you know?



Oxford University is the oldest higher education institution in the U.K. Until 1877, it's lecturers were not allowed to get married.



Ben Nevis is the tallest point of the U.K.'s mountains at 1,345 meters above the sea level.

Taxi drivers in London have to undergo a test before they get hired for the job to estimate how well versed, they are with the streets of London.



What's going on in March?

NATIONAL DAY OF UNPLUGGING

1st March to
2nd March 2024

Have a 24-hour respite from technology, to inspire you to have a healthier life/tech balance. Take an hour or a full day away from technology.

THE BENEFITS OF UNPLUGGING

Reduce stress and anxiety: Taking a break from technology allows us to disconnect from the constant demands of work and social media.

Enhance social connections: Unplugging allows us to connect with others on a deeper level and engage in activities that promote social interaction.

Increase mindfulness: Disconnecting from technology can promote mindfulness, allowing us to live in the present moment and appreciate the world around us.

TIPS FOR UNPLUGGING

PLAN AHEAD. Make plans for activities that don't involve technology, such as reading a book, taking a walk, or spending time with friends and family.

TURN OFF YOUR DEVICES. Power down your phone, computer, and any other electronic devices. Consider turning off notifications for the day if that works better for you.

ENGAGE IN ANALOG ACTIVITIES. Spend time doing activities that don't involve technology, such as board games, arts and crafts, and outdoor activities.

CONNECT WITH OTHERS. Use the opportunity to connect with others in person. Spend quality time with friends and family, or attend community events.

REFLECT. When the day is done, take some time to reflect on your relationship with technology and how it impacts your life. Use this as an opportunity to reset and consider how you can create a healthier balance in your life.



Ramadan

In 2024, Ramadan begins on the evening of March 10 and ends on April 04 with the celebration of Eid. The first day of fasting will be Monday the 11th.

Ramadan is the ninth month in the Islamic calendar, a holy month for Muslims, who fast, pray and practice introspection during this time. Although widely celebrated Ramadan is not a public holiday in most countries across the world, including the United States, Canada, UK, so businesses and shops will be open as usual.

Ramadan Greetings

It is common to greet one another during Ramadan with expressions such as Ramadan Mubarak which means "have a blessed Ramadan", or Ramadan Kareem which translates as "have a generous Ramadan".

At the end of Ramadan, during the celebration of Eid (also known as the Festival of Sweets) it is common to greet each other with Eid Mubarak; "have a blessed Eid".

When to Eat

The two meals of the day during Ramadan happen before dawn and after sunset and are called suhoor and iftar, respectively. The Iftar is usually a communal meal, with traditional dishes and rich desserts being served. Muslims usually begin each meal by breaking their fast by eating three dates.

After each meal, people perform a prayer, and they are meant to pray five times each day, with extra nightly prayers being encouraged during Ramadan, although they are not mandatory. Muslims are also called to read the thirty sections of the Quran during the thirty days of Ramadan.

Ramadan Practices and Rules

Ramadan is, above all, a time for Muslims to practice introspection and better themselves, by practicing self-discipline and control, as well as a time to strengthen their faith and devotion. This is why fasting is practiced during Ramadan, as it is believed to cleanse the soul, and redirect the heart away from worldly sins and into spiritual improvement. For the fast to be valid, people must share their intention to fast before dawn, and therefore Muslims often make a declaration the night before that they choose to fast.

How to Celebrate

Ramadan is a time for spiritual reflection, self-discipline, and self-control, as well as an opportunity to practice empathy and compassion for those less fortunate. It is also a time for increased prayer, reading the Quran, and giving to charity. Through the practice of fasting, Muslims gain a deeper understanding of the suffering of the less fortunate and learn to appreciate the blessings in their lives. It is a time for personal and spiritual growth, as well as strengthening community and family bonds.

For non-Muslims, it's important to respect the beliefs and practices of those who are observing Ramadan. Try to be mindful that Muslim friends will probably be fasting while observing early and late meals, which might affect their day-to-day routine. Also, you can spend time learning a little bit more about their beliefs and wish them Ramadan Mubarak.

History of Ramadan

Ramadan holds a special place in Islamic history, with its origins deeply rooted in the life of Prophet Muhammad, the principal figure of Islam. Around 610 A.D., according to Islamic tradition, Allah started sending him messages and revelations through the angel Gabriel. These revelations were revealed over 23 years during Ramadan, the ninth month of the Muslim calendar, and were then compiled into a 114-chapter book that would become known as the Quran, the holy book of Islamic faith, that Muslim believe holds the words of Allah.

The pivotal moment was during the month of Ramadan when the first verses of the Quran were revealed to Muhammad. The Quran is considered by Muslims to be the literal word of God (Allah) and serves as the ultimate source of authority and guidance in Islam.

As the Quran, which contains guidance for Muslims, was revealed during Ramadan, this became a holy month in the Islamic faith.

During Ramadan, fasting is obligatory for adults of the Muslim faith, this means they do not eat or drink from sunrise to sunset. They also abstain from sexual intercourse. At the end of the daily fast, during the night, Muslims share meals, with family or friends which is called Iftar. As fasting is seen as a spiritual principle, Ramadan is also a time when people abstain from anything impure such as alcohol consumption, cigarettes, bad behaviours and impure thoughts, and instead, dedicate themselves to prayer and charity.

The necessity of all Muslims to participate in Sawm (fasting) makes Ramadan an important part of the five pillars of Islam.



We would love to hear your ideas and suggestion of content you would like to be included in our future editions. Please scan the QR code to share your thoughts and ideas:

