



SPIRITUAL, MORAL, SOCIAL & CULTURAL DEVELOPMENT



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SB & JW.16

JW14



SPIRITUAL, MORAL, SOCIAL & CULTURAL DEVELOPMENT:

ISLAM



IDEAS TO HELP DEVELOP SPIRITUAL, MORAL, SOCIAL AND CULTURAL LEARNING AND EXPERIENCES FOR ALL CHILDREN (INCLUDING THOSE WITH SEVERE, PROFOUND AND

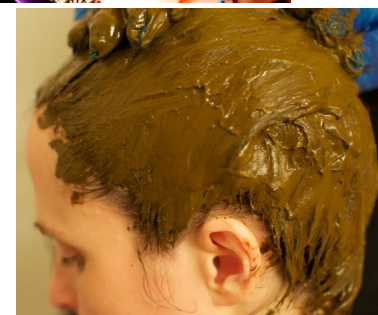
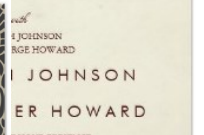
JW14

What is SMSC?

SMSC stands for **SPIRITUAL, MORAL, SOCIAL** and **CULTURAL**. All schools in England must show how well their pupils develop **SPIRITUALLY, MORALLY, SOCIALLY** and **CULTURALLY**.

SPIRITUAL

Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.



Mehndi (Henna)

Art, Patterns, on bodies... And on wedding cakes/

What is Mehndi?

Mehndi is a reddish-brown paste made from the powdered leaves of a tropical shrub (Henna Plant), used to decorate the body, henna is mostly done on festivals and special occasions. It dyes the skin leaving behind a temporary 'Tattoo'.

Mehndi comes from a plant, which is grinded down to make a powered form. The powered form can be bought which all you would do is add water.



Or it can be bought as a paste, which comes in a cone.



Mehndi is art, a formation of patterns, mostly used on bodies (hands and feet), nowadays Mehndi patterns can now be seen on cakes (using icing), invitations (print) and the paste can also be used to dye hair.

MORAL



Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.

SOCIAL



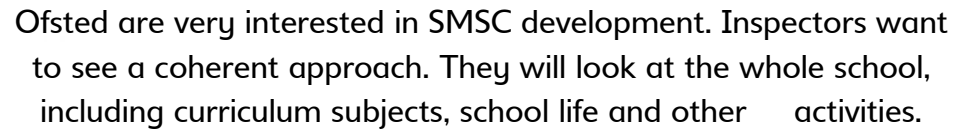
Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.

CULTURAL

Appreciate cultural influences; participate in culture opportunities; understand, accept, respect and celebrate diversity.



Ofsted



It is about the range of opportunities created by the school for pupils to take part in .

School should aim to provide a range of artistic, cultural, sporting, dramatic, musical, mathematical, scientific, technological and, where appropriate, international events and activities that promote aspects of pupils' SMSC development.

Schools should aim to ensure there is a widespread & coherent approach to the promotion of SMSC.

**Serves: 4**

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1. Wash the lentils in a sieve. Combine the lentils and water in a saucepan over medium-high heat. Add half of the sliced onions and garlic, reserving the rest for later. Stir in the turmeric, bay leaf, tomatoes and salt. Add the chillies, leaving them whole to add flavour or cut in half to add heat. When the mixture begins to boil, reduce the heat to a simmer. Cook until the lentils break apart and thicken slightly, about 20 minutes.

2. Meanwhile, in a frying pan, heat the vegetable oil over medium heat until the oil shimmers. Add the reserved onions; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Stir in the rest of the chopped garlic and cook, stirring constantly, until the garlic is fragrant and tender, about 2 minutes.

3. Pour the contents of the frying pan into the cooked lentils and stir. Garnish with chopped coriander.

Making a Chicken Curry

Ingredients

Serves: 4

- 2 tablespoons olive oil
- 2 large onions, diced
- 1 tablespoon ginger-garlic paste
- 2 large tomatoes, diced
- 1/2 teaspoon chilli powder
- 1 teaspoon cayenne pepper, or more to taste
- 1 teaspoon curry powder
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 4 skinless, boneless chicken breast fillets, cut into bite-size pieces
- 2 large red-skinned potatoes, chopped
- 4 tablespoons chopped fresh coriander (add more according to taste)
- 2 tablespoon of salt (add more according to taste)



Method

1. Heat the olive oil in a large frying pan over medium-high heat. Cook and stir the onions in the hot oil until translucent, about 5 minutes. Add the ginger-garlic paste and continue cooking another 5 minutes.
2. Reduce heat to medium; stir the tomatoes into the mixture and cook until the tomatoes are pulpy, 5 to 10 minutes. Season with the cayenne pepper, curry powder, garam masala, turmeric, salt and cumin; cook and stir another 5 minutes.
3. Add the chicken and potatoes to the mixture in the frying pan; simmer, stirring occasionally, until the potatoes are tender and the chicken is no longer pink in the centre, about 20 minutes.
4. Sprinkle the coriander over the mixture and continue simmering another 10 minutes. Serve hot with rice.

RELIGION & SMSC



Although the whole curriculum should contribute to the pupils' spiritual, moral, social and cultural (SMSC) development, it is widely recognised that Religions and Religious Education can make a unique contribution to SMSC development.



RE provides opportunities for spiritual development by helping pupils:
Consider and respond to questions of meaning and purpose in life, and to consider and respond to questions about the nature of values in human society.

RE provides opportunities for moral development by helping pupils:
Consider and respond to aspects of morality by using their knowledge and understanding of religious and ethical teaching, and enabling them to make responsible and informed judgements about religious and moral issues.

RE provides opportunities for social development by helping pupils:
Develop their sense of identity and belonging, and by preparing them for life as responsible citizens in an increasingly diverse society.

RE provides opportunities for cultural development by:
Fostering pupils' awareness and understanding of a range of beliefs and practices in the community and the wider world, and by exploring issues within and between faiths. This will develop their understanding of the cultural contexts within which they and others live.

The Sunderland Agreed SYLLABUS

All school RE curriculums must be based on a Local Agreed Syllabus, and meet all the requirements set out in that document. This is written by the local SACRE (Standing Advisory Council for Religious Education).



The Education Reform Act (1988) states that the RE syllabus should reflect the fact that religious traditions in Great Britain are, in the main, Christian, and that it should, at the same time, take account of the teachings and practices of other major religions. In the UK these are

TRADITIONAL MEALS

Traditional meals in an Islamic culture is extremely important, it is a chance to be together as a family and eating together is seen as a blessing to enjoy a meal which was prepared lovingly. But to enjoy and appreciate a meal which they knew they would have.



Lamb curry



Chicken curry



White rice



Daal (Lentil) curry



Biryani Rice

In a single curry many spices and herbs are used such as, garlic, onion, ginger, turmeric, ghee, coriander, cumin, dry bay leaves, chili pepper, and chili powder, fenugreek seeds, cumin seeds, and black mustard seeds



TRADITIONAL SWEETS

There are many traditional sweets within the Asian Culture, all colours, shapes and sizes. Many of these traditional sweets are eaten during festivals and special occasions.

Jalebi , deep-frying a wheat flour batter in pretzel or circular shapes, which are then soaked in sugar syrup .



gulab jamuna ball of deep-fried paneer (milk curd cheese) boiled in a sugar syrup.

Rasmalai small, flat white cakes of paneer (curd cheese) in sweetened, thickened milk. And often topped off with nuts.



Rasgulla, It is made from ball shaped dumplings of chhena and semolina dough, cooked in light syrup made of sugar

Vermicelli is known as Shemai, and this dessert is called 'Dudh Shemai', ltranslation being Milk Vermicelli



★ ISLAM



Islam is a religion, people who follow Islam are known as Muslims. Islam teaches that all wealth and riches come from Allah (God) and are intended for the benefit of all people. There are 1.7billion people today who are Muslims and follow Islam. The religion of Islam began in Arabia with the Islamic prophet Muhammad's first recitations of the Quran in the 7th century in the month of Ramadan (fasting).

There are no official religious Islam symbols, but several symbols have a special place in Islam.

The star and crescent is the best-known symbol used to represent Islam. The symbol is not Muslim in origin, it was a polytheistic icon adopted during the spread of Islam .

The words "Allah" in Arabic script or characters can be regarded as visually representing Islam as a symbol.

The prophet Muhammad (Peace Be Upon Him), who was born in A.D. 570 at Mecca, in Saudi Arabia, is often regarded as the founder of Islam. He was the last prophet to be sent by Allah.

These are five duties that every Muslim is obliged to perform. These are also known as 'The 5 Pillars of Islam'.

1. **Shahadah:** declaration of faith
2. **Salah:** prayer Muslims are required to pray five times a day, washing themselves before prayer and facing in the direction of Mecca while praying.
3. **Zakat:** giving a fixed proportion to charity Muslims are required to give away a percentage of their earnings to those less fortunate.
4. **Saum:** also known as fasting during the month of Ramadan Muslims fast for one month each year, a period called Ramadan. During this time, Muslims reflect on their behaviour, purify their thoughts and think of the poor.
5. **Hajj:** pilgrimage to Mecca which every Muslim must do once in their life.

GOALS OF ISLAM...

ALL MUSLIMS HAVE 4 GOALS IN THEIR LIFE WHICH THEY WANT TO FULFIL :

- 1 Submission to God - to follow Gods Law and accepting Gods guidance.
2. Right Action - to follow the five pillars of Islam and to live life righteously in society.
3. Right Belief - to instil belief that there is no God but Allah and Muhammad is the Messenger of Allah to whom the Quran was revealed to.
4. Passing the final Judgment - also known as Day of Resurrection, humans will be resurrected and God will judge the life that person has lived and will decide the entry to paradise.
5. Paradise - Paradise is the reward after death, paradise has been described throughout the Quran as being surrounded by luxurious furniture, good company, beautiful servants, wine that does not harm the body, fruit, meat, beautiful companions, endless water, the comfort of shade and eternal peace.

Mosques from around the World



The Sultan Ahmed Mosque in Istanbul, Turkey

Moscow



Pakistan

Inside of The Nasir al-Mulk Mosque in Shiraz, Iran.



MOSQUE

Muslims worship in a building called a mosque. An alternative word for mosque, from the original Arabic, is *masjid*, meaning place of prostration.

Outside every mosque, or just inside the entrance, is a place where worshippers can remove and leave their shoes. There is also a place where they can carry out the ritual washing required before each prayer.

The main hall of a mosque is a bare room largely devoid of furniture. There are no pictures or statues. Muslims believe these are blasphemous, since there can be no image of Allah, who is holy spirit. Everyone sits on the floor and everywhere in the mosque is equal in status.

A niche in one of the walls, called a mihrab, shows the direction that the worshippers should face in order to face Mecca.

Many mosques have a minaret which is a tall thin tower. A muezzin stands at the top of the tower and calls Muslims to prayer at the five ritual times of the day. Not all mosques in the UK have a minaret.

Women can attend the mosque and when they do they sit separately from the men. This is out of modesty and to prevent any distraction. It is more usual for women to pray at home. An **IMAM** will lead the prayers in a mosque

What is an Imam?

An imam is selected at the community level. Members of the community choose someone who is considered knowledgeable and wise. The imam should know and understand the Quran, and be able to recite it correctly and nicely. The imam is a respected member of the community. In some communities, an imam may be specifically recruited and hired, and may have undergone some special training. In other (smaller) cities, imams are often chosen from among the existing members of the Muslim community. There is no universal governing body to supervise imams; this is done at the community level.



In Islam there is only one God, Allah, whom they all worship.

Allah means 'God' or 'The God'

Allah has no gender (not male and not female). "He" is used only out of respect and dignity not for gender



Arabic writing for 'Allah'

What is 'Mecca'?

Every Muslim must once in their life travel to Mecca to fulfil one of the 5 pillars of Islam if they can afford it and are physically able. Millions of Muslims travel from around the world to go to Saudi Arabia to complete the Hajj pilgrimage in the holy city of Mecca.

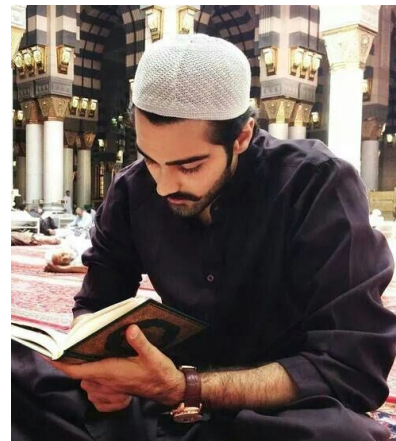
It is the fifth and final pillar of Islam and takes place in the 12th month of the Islamic calendar

Mecca is considered to be the holiest place in the Islamic World and is the birth place of Prophet Muhammad.

The mosque located within Mecca is known as the Ka'aba a shrine of Islam, this is the direction all Muslims must face when praying.

The Hajjis or pilgrims wear simple white clothes called Ihram. During the Hajj the Pilgrims perform acts of worship and they renew their sense of purpose in the world.

The Hajj makes Muslims feel real importance of life here on earth, their afterlife and their devotion to God, by stripping away all markers of social status, wealth, and pride. In the Hajj everyone are truly equal.



Praying (Salat)

All Muslims pray 5 times a day it is one of the Five Pillars all Muslims live by.

Praying (also known as Salat) is a physical, mental and spiritual act of worship that is observed b God every day at set times.

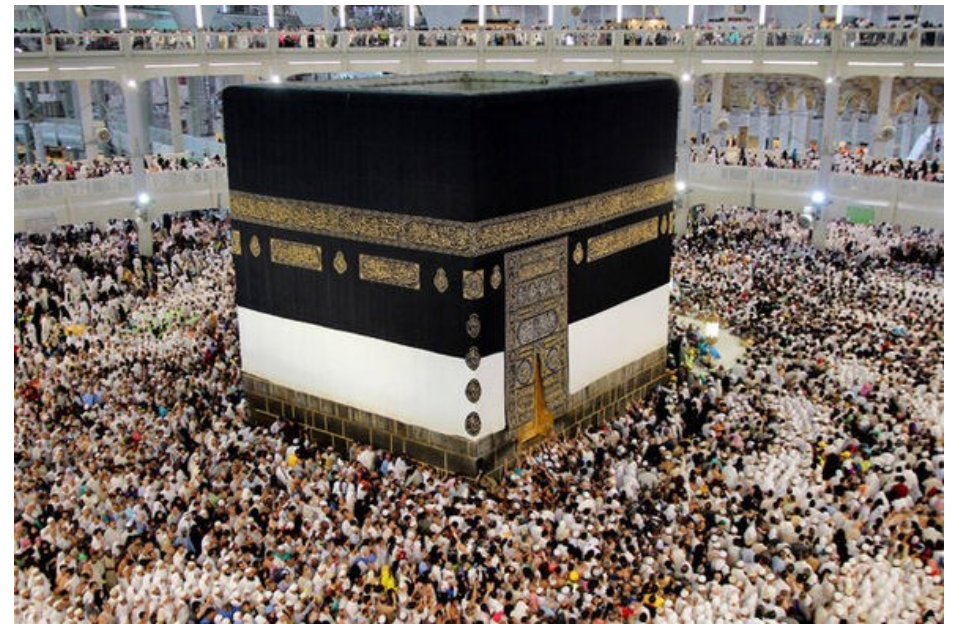
The 5 prayers have 5 different names and they are:

- *Salat al-fajr*: dawn, before sunrise
- *Salat al-zuhr*: midday, after the sun passes its highest
- *Salat al-'asr*: the late part of the afternoon
- *Salat al-maghrib*: just after sunset
- *Salat al-'isha*: between sunset and midnight

Each time Muslims pray, they all face in one direction, towards Mecca. The Islamic term for this direction is *qibla*. When a Muslim prepares to pray, no matter where they are, they turn towards the *qibla*, the direction of the Kaba.

Muslims do not worship the Kaba, or its contents, it is simply a focal point. Muslims worship One God, God states that when Muslims pray they all face one direction. It is a sign of unity, the unity which is embedded in the religion of Islam.

All praying is done on a prayer mat. Both men and women wear simple clothing (plain, no embroidery) when performing salat. They also both cover their heads, men will wear a simple cap whereas women will wear a headscarf.



Islamic Festivals

Muslims celebrate a number of different festivals, the main ones which are the most identifiable in the UK are:

1. **Eid-ul-Adha** - is the celebration of sacrifice and marks the end of the annual pilgrimage to Mecca. It takes place on the 10th day of Dhul-Hijjah, (the last month of the Islamic calendar).

Eid-ul-Adha is a day of happiness and a day to forgive and forget any differences.

The day often starts with visit to the Mosque where a special Eid prayer is read.

2. Eid ul Fitr

This marks the end of Ramadan, the month of fasting, and is a festival of great celebration. In Islamic countries it is a public holiday.

Muslims are not only celebrating the end of fasting, but thanking Allah for the help and strength that he gave them throughout the month of Ramadan (explained later)

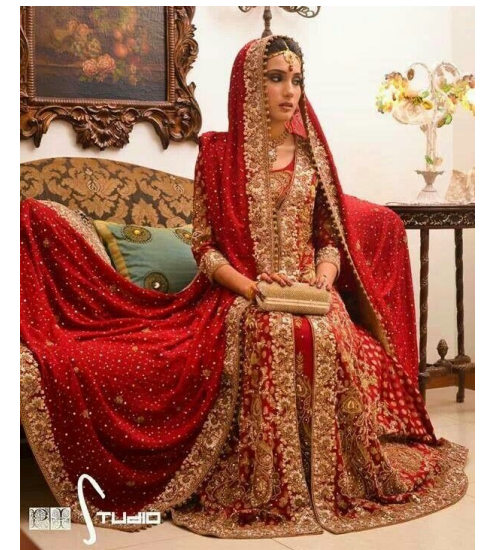
The festival begins when the first sight of the new moon is seen in the sky.

Everyone wears new clothes and decorate their homes. This makes it more joyous as a meal is eaten during daytime, the first daytime meal Muslims will have had in a month.



A Muslim man would wear a Kurta/sherwani and a turban.

A Muslim woman would wear a red dress which is known as a Lengha.



MARRIAGE

There is a huge misconception that Marriages in Islam occur forcefully which is far from the truth. Marriages in Islam are often **arranged** (by the two families of the bride and groom) but these can only take place with the consent of both parties. If someone was forced to marry then the marriage would be **invalid**.

Courting or 'going out together' is not permitted and the couple who may be married are only allowed to meet each other when members of their families are present.

The ceremony

A Muslim marriage usually takes place in the home or the mosque but as times are changing more marriages are now being held in wedding venues in order to accommodate the vast number of people who will attend.

Before the marriage there is a ceremony which is called 'Mehendi party', for the bride only women can attend men are strictly off limits in coming. This gives the women of both sides (bride and groom) to get to know each other. The bride will have henna drawn on her arms, hands and feet, there is no meaning for this just simply for decoration.



EID MUBARAK!

This is a saying which all Muslims will say to one another on Eid day, which simple



Find Out More Here 

<http://resources.woodlands-junior.kent.sch.uk/homework/religion/muslimfestivals.htm>

http://www.bbc.co.uk/schools/religion/islam/eid_haj.shtml

<http://www.bbc.co.uk/schools/religion/islam/ramadan.shtml>

RAMADAN

Ramadan is the ninth month of the Islamic calendar, and a time when Muslims across the world will fast during the hours of daylight.

Ramadan is the fourth of the **five pillars of Islam**.

How do Muslims keep Ramadan?

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.

Many Muslims will attempt to read the whole of the Qur'an at least once during the Ramadan period. Many will also attend special services in Mosques during which the Qur'an is read.

Fasting is intended to help teach Muslims self-discipline, self-restraint and generosity. It also reminds them of the suffering of the poor, who may rarely get to eat well.



It is common to have one meal (known as the suhoor), just before sunrise and another (known as the iftar), directly after sunset this is the meal which will break the fast.



Older women will often wear a garment consisting of a length of cotton or silk elaborately draped around the body.

TRADITIONAL CLOTHES FOR A MUSLIM MAN



A simple kurta/ sherwani (left) would be worn to mosques and a more vibrant and colourful kurta/ sherwani (right) would be worn to weddings and festivals.



Traditionally Muslim Men are not obliged to wear the typical Clothes a Muslim man should wear. But for special occasions Muslim men do wear 'Kurta/Sherwani'. Men would wear this particularly for weddings, festivals (Eid) and going to Mosque.

Traditional Clothes for a Muslim Woman

As many know Muslim woman wear clothing which cover their whole body and a headscarf, this is for modesty, chastity, and preserving the good moral standard of the family and society, something highly regarded in most all societies today.

A Muslim woman's headscarf is also known as a 'Hijab' again the main reason for woman wearing a hijab is modesty, which is not wishing to receive unnecessary attention from people, such as admiration, flattery, envy, or, most importantly, attraction from those other than her husband.

Other clothing which Muslim woman often wear are dresses known as Salwar Kameez.

These dresses are often bright, colourful and beautiful. .



Many Muslims break their fast with Dates which is a type of sweet fruit. Not only is this a tradition but there are many health benefits to it as well, the body benefits from the date's high level of natural sugars. Sugars travel most quickly to the liver, where they are converted into energy more quickly than any other nutrient. Muslims have an immediate need for this energy when they break their fast, for they need energy to perform their sunset prayers.

Dates were one of the Prophet's (SAW) most frequently consumed foods. For this reason, their benefit is most likely spiritual as well as physical. The act of following the Prophet's (SAW) tradition is one way of connecting and remembering him, which is spiritually beneficial for Muslims.

