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February 2026

Dear Parent/Carer,

As we approach the holy month of Ramadan, I want to acknowledge the significance of this important period for our Muslim families.

Ramadan is expected to begin on Wednesday 18<sup>th</sup> February 2026, with Eid-ul-Fitr likely to fall on Thursday 19<sup>th</sup> or Friday 20<sup>th</sup> March 2026. This is an extremely important time for our Muslim families. Ramadan is a period of prayer, self-discipline, charity, and goodwill towards others. For all children, Muslim and non-Muslim, it provides an excellent opportunity to reflect on self-control, consideration for others, and personal growth.

Fasting is one of the Five Pillars of Islam (fundamental religious duties) and is central to Ramadan. Muslims believe fasting can bring many benefits, such as feeling closer to God, developing healthier habits, improving self-understanding, and fostering better relationships with others.

### Attendance and Participation

We recognise that attendance can sometimes be affected during Ramadan. However, it remains a legal requirement for all children to attend school. We respectfully ask that you ensure your child attends every day and arrives on time. To continue learning effectively, all pupils are expected to participate fully in the curriculum.

### Safeguarding

Safeguarding is our priority. If staff notice any signs of dehydration or exhaustion, pupils will be asked if they are fasting and will be advised to break the fast by drinking water if necessary. Staff will reassure pupils that Islamic rulings allow them to make up the fast later.

PE staff will expect all pupils to participate but will make reasonable adjustments for those who are fasting, avoiding extra-strenuous activities and providing opportunities to rest or go at a slower pace.

### Additional Support

We offer a bespoke provision for fasting pupils, including:

- Prayer space within school
- Free school meal pupils can collect a food bag to eat later if they are fasting.
- Flexibility with PE and physical activity, allowing pupils to rest or go at a slower pace.
- Staff awareness and sensitivity to fasting pupils' needs throughout the day.

Many of our staff will also be fasting, so we fully understand the commitment this involves.

We wish you and your family a Ramadan filled with peace and serenity.

Regards



**C. Dewse**  
Headteacher

