



Monday 23rd February 2026

Dear Parent/Carer,

The holy month of Ramadan has begun, and as a school we recognise its significance to our Muslim families.

We understand this is a special time and children will be excited about fasting. However, as our pupils are of primary age the younger children may not be physically able to cope with the demands that fasting places on them throughout a long school day.

As you will no doubt appreciate, this can affect their learning as the children can become restless, lack energy and are not able to concentrate in the normal way. I would like to ask you to consider whether the older children who wish to fast could fast on the weekends. This would allow children to take part in activities during school hours as normal. The weekend could then be dedicated to those religious observances that the children would like to share with their families.

Children who do fast will need to bring in a letter stating they are fasting, so staff are fully aware.

Please do not hesitate to contact me if you would like to discuss this further.

Yours Sincerely,

C.Holgate

Mrs Holgate Headteacher