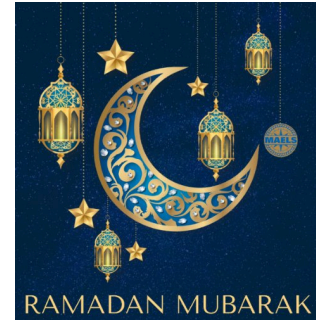


Monday 9th February 2026

Dear Families,

Fasting during Ramadan: February/March 2026

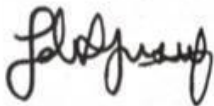
We are fast approaching the beginning of the Muslim holy month of **Ramadan** and would like to support your child if they take part in this special time of the Muslim calendar. Following guidance and research, it is our understanding that children are not required to fast until they reach a certain level of maturity. We are aware that some parents and/or children may wish to start fasting before this age, depending on the child's general health and tolerance to hunger and thirst. As fasting involves not eating or drinking during the hours of daylight, we do not recommend children younger than 10 years old to fast whilst at school.



If your child will be fasting, we require written confirmation from you that you wish for your child/children to fast during the school day. Please be aware that even if your child is fasting, we require you to provide a packed lunch for that day. If your child is fasting and feels weak or is showing signs that they are struggling and unable to keep up with their daily activities, school will ask that they break their fast and you will be contacted. This is part of our duty to keep your child safe in school.

Please feel free to discuss this further with your class teacher.

We wish you and your families a peaceful and blessed month.



Ms Yusuf
Deputy Headteacher