

25th February 2026

Dear Parents and Carers,

Ramadan began last Wednesday, and nearly a quarter of our school community may be observing the fast. Ramadan is the ninth month of the Islamic calendar and one of the Five Pillars of Islam. It is one of the most spiritual times of the year, marking the period in which the Qur'an was revealed to the Prophet Muhammad. It is a month focused on empathy, charity, self-discipline, and reflection.

It is important to note that not all pupils will be fasting. Many pupils will still observe Ramadan in other meaningful ways—through prayer, charity, and community involvement. We kindly ask that no pupil is singled out or made to feel uncomfortable if they are not fasting.

During Ramadan, Muslims begin their day with a pre-dawn meal called *suhur* (often around 5am). From dawn onwards, they refrain from all food and drink, including water, until sunset, when they break their fast with *iftar* (around 5.30pm). Many families also attend the mosque for additional evening prayers, meaning pupils may be going to bed later than usual. As a result, pupils who are fasting may feel more tired or lethargic during the school day. We ask staff and families to be mindful of this when considering pupils' effort and engagement.

Fasting is not only about abstaining from food and drink; it is a form of spiritual cleansing. It encourages patience, self-control, and reflection. As with any faith practice, levels of observance vary, and families may follow different traditions or expectations.

As a school, we aim to support our pupils as best we can while maintaining a fair and consistent approach for everyone. We have produced Iftar bags for FSM pupils which can be purchased at lunchtime and collected from Command at 3pm each day. Please be aware of the following:

Key Information for Ramadan

- **Break and lunchtime:**
There is no designated alternative space for pupils who are fasting. Ramadan encourages resilience and resisting temptation, so pupils should remain in the usual supervised areas.
- **Physical activity:**
Pupils may take part in physical activities, provided these are not overly strenuous. Pupils will be required to change for PE; the curriculum follows the subject governing body regulations and guidance for Ramadan.
- **Music and performing arts:**
Some pupils avoid listening to music during Ramadan. If a pupil expresses that they cannot participate in Dance, Drama, or Music for this reason, they may be sent to the Parking Room for that lesson only this is not a sanction for them but a supervised space.
- **Food related activities:**
Pupils may work with food but may find the smells challenging. Please remind them that Ramadan is a time for developing self-control, but if it becomes overwhelming, they may go to the Parking Room.

Thank you for your continued support.

Yours faithfully,



Mrs Begum
Vice Principal