



23 March 2023

Dear Parent/Guardian

Ramadan 2023

During the period of Ramadan, we are providing alternative spaces for those observing the fast to use (rather than sitting in the dining room). Students will be able to go straight to the outdoor space or we will have an area of the main hall available away from others eating. We are also attempting to provide a small prayer room for those who wish to pray at this time. This may not be possible every day, due to pressure on room space and the need for staff to be available to supervise. We will, however, do our best to facilitate this.

For students who are fasting, we would ask that they eat well, with a balanced meal when breaking the fast and during the pre-dawn meal and have plenty to drink when fast is broken. Students should avoid over-exertion, especially if the weather gets particularly warm and that they should take periods of rest before and after school.

The Muslim Council of Britain has produced a useful guide, supported by the NHS, which can be found [here](#).

Please note that in the event of a student becoming dehydrated, we will give water to fasting students. Although some Muslims believe that this technically breaks the fast, it can be compensated for later, and the health and wellbeing of students is always our first priority.

Students who observe the fast will be expected to fully participate in the curriculum. This includes music and drama lessons. Fasting students will also be expected to participate in PE lessons, although the PE team will be mindful of those students fasting and adjust activities accordingly.

Finally, at the conclusion of Ramadan, the festival of Eid al-Fitr is celebrated. If parents decide that their child should not attend school on this day for the purpose of religious observance, then parents are required to inform the school in writing prior to Eid al-Fitr. Please also note that a maximum of one day of absence will be authorised and we would not expect student absence for Eid to extend more than one day. Most guidance on the date of Eid alFitr this year suggests that it will take place on Friday 21 April 2023.

Yours sincerely

Mr W Graham
Headteacher