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30 January 2026

Dear Parents and Carers,

As Ramadan approaches, we would like to offer a few reminders for those students who are choosing to fast.

Parents and carers are best placed to decide whether their child is ready to fast. If you and your child are choosing to fast, we encourage you to ensure they eat a nutritious predawn meal, remain well-hydrated outside fasting hours, and get sufficient sleep on school nights. This is important to help support them throughout the day.

Students are still expected to **attend school every day, arrive on time, and be ready to learn.** Ramadan should not be used as a reason for lateness or absence.

Students are expected to attend all their lessons including PE, although we will ensure that physical activity is less intense. Ensuring students maintain regular routines and good sleep habits will help students manage both their fasting and their learning.

Staff will monitor pupils' wellbeing during the school day. Any pupil who feels unwell should inform a member of staff immediately.

Thank you for your continued support.

We wish all families observing Ramadan a peaceful and blessed month and Ramadan Mubarak.

Yours sincerely,



Mr Leese

Vice Principal