

Dear Parents and Carers,

As we approach the Muslim holy month of Ramadan, we would like to remind you of some considerations regarding children fasting at school. While fasting is often viewed as not obligatory for children under the age of puberty, some families choose to encourage their children to participate in this spiritual practice. I ask that you please consider your child's physical and emotional well-being when making the decision to have them fast. Fasting can be challenging for young children, especially if they have not fasted before.

I recommend that you consult with your child's paediatrician / doctor if you have any concerns about their ability to fast or have concerns with regards to the impact it may have on them.

If you would like your child to fast during Ramadan (Y5 & Y6 pupils only), I ask that you please email a letter to myself informing me that your child/ren will be fasting.

As with all religious events and celebrations, I will encourage all of the students to show respect and understanding towards those who are fasting during Ramadan, and to take the opportunity to learn about the importance of this holy month for Muslims. Please be aware that all areas of the National Curriculum, including P.E and swimming will still be taught and all children will be expected to participate as normal and shall not be exempt from any lesson.

Whilst I will maintain all usual health and safety measures in place, accidents (such as those occurring due to fainting etc.) cannot be mitigated against by school practices. As always, if you have any questions or comments, please contact the school office first via telephone or email [info@cullodenacademy.org](mailto:info@cullodenacademy.org)

Ramadan Mubarak

Yours faithfully



**Tahreena Ward**

Principal



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