

5 March 2024

Dear Parent/Guardian

## Ramadan 2024

Ramadan, the ninth month of the Islamic calendar, is expected to begin on the evening of Sunday 10 March. We are aware that some of our students may be fasting on days when they are in school. We wish to support these students so will attempt to locate alternative spaces for them to use whilst observing the fast. 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. We expect students who use this space to use the time for contemplation, reflection, reading or prayer. Outside space is always available for students to use.

We expect that any student who does use this area at lunchtime, to do so respectfully. We would ask that you discuss this with your child in advance and we reserve the right to withdraw this facility to any student who we feel does not respect the space or disrupts the time for others. In this situation, students would then be supervised with remaining students in the main dining area.

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 warm, and 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: [Ramadan: A Guide to Healthy Fasting](#). 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 priority.

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

Finally, we wish you all a wonderful Ramadan and the very best for Eid celebrations.

Kind regards,



**Will Graham**  
Headteacher  
Maiden Erlegh School in Reading

