



24 February 2026

Dear Parent / Guardian

## Ramadan 2026

Ramadan, the ninth month of the Islamic calendar, began on the evening of Tuesday 17 February 2026. We are aware that some of our students are fasting on school days and to support them, we will try to find alternative space for them to use at lunchtime whilst observing their fast.

This offering will depend upon room space and staff availability to supervise and may not be available every day, but we will do our very best to facilitate this. Outside space is always available to students at break times. We expect students who use the space at lunchtime to do so respectfully, using the time for contemplation, reflection, reading or prayer and ask that you discuss this with your child. Any student who does not respect the space, or who disrupts the time for others, may be withdrawn and supervised with all other students in the main dining area.

For students who are fasting, we ask that they eat a balanced meal when breaking the fast and during the pre-dawn meal and have plenty to drink when their 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.

As we approach the upcoming Eid al-Fitr celebrations, we would like to remind you that students are only entitled to **one day of authorised absence** for religious observance.



If your child will be absent for Eid, please **report the absence to our Attendance Team** in the usual way. You can do this by:

- Reporting via **ClassCharts**
- Emailing [merattendance@maidenerleghtrust.org](mailto:merattendance@maidenerleghtrust.org)
- Calling the school and leaving a message on the attendance line

Thank you for helping us maintain accurate attendance records, and we wish all families celebrating, a joyful Eid.

Yours sincerely,



**Sarah Gibbs (Mrs)**  
Headteacher

