

Tuesday 10th February 2026

Dear Parents/ Carers,

RE: Ramadan and Fasting

We are aware that Ramadan, an extremely important month for our Muslim families, is beginning during the half term week.

Following guidance from Ealing, we understand that children are only required to fast from the age of puberty.

In school, we are recommending that children should not fast during the school day. However, we recognise that some older children are often encouraged to fast intermittently, in preparation for adulthood.

If your child is in **Year 5 or 6** and will be fasting, parents will need to inform the school by completing the Google form below:

<https://forms.gle/8eKaCjy3zEekqPY89>

If your child is fasting, please be aware that **should they become unwell during the school day, a small snack and water will be offered to ensure they are safe.** Parents will be informed of this by phone.

If a child says that they are fasting, but the school has not received permission from their parent/carer, they will not be allowed to miss lunch.

Ramadan Mubarak to all our families celebrating.

Yours Sincerely

Ms Hasker
Headteacher

