



9th February 2026

Dear Parents/Carers,

Supporting our Students during Ramadan

We know that many Muslim members of our school community will be observing Ramadan from 17 February until 18 March 2026. We recognise and respect the significance of this month for our students and the wider community and we want to ensure our school remains a supportive and inclusive environment during this time.

G12 will be available during lunchtimes for students who would like to pray or seek a quiet space at lunchtime.

During Ramadan, all lessons and learning continue as usual. We remain committed to helping our students maintain their academic momentum and high aspirations throughout this period.

PE Participation and Wellbeing

In line with guidelines set out by the Association for PE (AfPE), we want to ensure that students continue to benefit from the educational value of PE while being mindful of their energy levels. Students must bring their full PE kit to school as usual. However, as fasting may affect their energy levels, students will not be expected to participate in strenuous physical activities that could cause undue strain. Instead, they will be able to take on vital leadership roles as coaches, referees or officials. These roles ensure they remain actively involved in the lesson, developing their tactical understanding and leadership skills in a way that is safe and respectful of their fast.

Music lessons

We are aware that, during Ramadan, some students will not listen to music for entertainment. Within the school context, music is part of the statutory National Curriculum. These lessons are part of academic study rather than entertainment and therefore will continue as a core part of our education provision.

We will be reminding students of the importance of a healthy, balanced diet during non-fasting hours to avoid dehydration and maintain focus. You may find [this website](#) helpful for further guidance on fasting healthily. If at any point a student feels unwell, we encourage them to speak with their teacher immediately so we can support them.

We wish all our families of Muslim faith a Ramadan of goodness, prayer and peace.

Yours faithfully

Mrs Vlijter
Assistant Headteacher

- Grow and Succeed -

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