

Monday 4th February 2026

Ramadan – Fasting Year 6 ONLY

Dear Parents/Carers,

It will soon be the start of Ramadan and we are aware that this is an extremely important time for our Muslim families. The holy month is due to start **on Tuesday 17th February 2026 and continue until Wednesday 18th March 2026** (depending on the moon), I wanted to write to the school community and let you know what we can do to support those children who are choosing to fast.

We understand that when children reach puberty they are expected to fast, this is usually around the age of 13-14 years old. Children under the age of puberty are not expected to fast. We recognise that some of Year 6 pupils may have reached the point where they begin fasting. We would suggest parents consider supporting their children, who have reached puberty, to fast at weekends.

Primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

- To support **Year 6** children who choose to fast, and ensure their wellbeing during the day at school while fasting, the children will come to **a lunch club over the lunch hour**, so they can be looked after in a quieter environment inside of the building.
- We would kindly request that those children in Year 6 who do choose to fast during school days, only do so **for 3 days a week, on the days where they have no physical activity**. As such we have selected **Monday, Wednesday and Thursday** as possible fasting days, as these are the days that the children do not have PE.
- Children who fast will be monitored during their lessons and parents/carers will be called if any child shows signs of being unwell due to fasting, e.g. dizziness, nausea, distress, etc., If we are unable to make contact, we know that parents would want us to support their child's well-being by providing them with food and water.

Should your child wish to fast, **please let the school office know as soon as possible** so we can facilitate lunch club. If we do not hear from you, we will expect that your child is not fasting. For families fasting during the holy month of Ramadan we would like to wish you all Ramadan Mubarak.

Kind regards,



Justyna Powrie
Headteacher
Enfield Heights Academy