

Monday 23rd February 2026

Dear Parents/Carers,

Fasting during Ramadan at Woodhill Primary School February/March 2026

As we approach the holy month of Ramadan, we would like to extend our warmest wishes to all our families who will be observing this period of reflection and community.

At Woodhill, we recognize that this is a significant milestone for our oldest pupils. To ensure the safety and wellbeing of our students, **we only permit children in Year 6 to fast during the school day.**

Permission and Wellbeing: If you would like your Year 6 child to fast, we require your written confirmation. Please note the following guidelines:

- **Safety First:** Even if your child is fasting, we require you to provide a **packed lunch** every day. This is a precaution in case they feel unwell or decide to break their fast during the afternoon.
- **Physical Activity:** To manage energy levels, children who are fasting will not take part in strenuous physical activities during the school day.
- **Consent:** If we do not receive your confirmation, we will assume your child is not fasting and will continue with their usual meal routine.

Prayer Facilities: Designated spaces are available for Year 6 children who wish to pray during the lunchtime break:

- **Location:** Prayer Room
- **Time:** 12:30pm-1:30pm

If you have any questions, please feel free to speak with your child's class teacher or our Pastoral Team.

Ramadan Mubarak to all our families!

Yours sincerely,

Miss M Holder
Headteacher





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I give consent for my child/children to fast in school during Ramadan

Name of child:

Class:

Name of child:

Class:

Signed:

Date:

