



Growing and Blossoming
"Aspiration, Inclusion, Happiness"

Crossley Hall Primary School

Thursday 27th February 2025

Ramadan March 2025

Dear Parents and Carers,

I hope this message finds you well. As the holy month of Ramadan approaches, we recognise that this is a significant period for many families in our school community and we aim to support you during this time of spiritual reflection and fasting. If your child will be fasting, please inform their class teacher. This will help us provide the necessary support.

Fasting Guidance for Children

During Ramadan, fasting is an important practice for many. However, it is crucial to consider which children should fast, based on their age, health, and individual circumstances. Here are some general guidelines:

- **Children under the age of puberty** are generally not required to fast, although some may choose to do so for shorter periods to practice.
- **Those with health conditions** or who may be vulnerable due to age should consult with healthcare professionals before deciding to fast.
- **Parental discretion** is advised to ensure that fasting is done safely and sensibly.

Support at School

We understand that fasting can impact students' energy levels and concentration. As such, we will:

- Provide a quiet space for students who are fasting during lunch breaks if needed.
- Adjust physical activities to ensure safety and comfort for all students.
- Encourage open communication between parents, teachers, and students to address any concerns.

Next Steps

We appreciate your cooperation and support. If you have any questions or require further assistance, please do not hesitate to reach out.

Yours Sincerely

Mrs E Monnery

Headteacher

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