



**KING EDWARD VI
LORDSWOOD
SCHOOL FOR GIRLS**

Educational excellence for our City

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Dear Parent(s)/Carer(s)

The holy month of Ramadan is a very important time in the Islamic calendar. Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. Many Muslims will also refrain from eating or drinking between dawn and sunset during this period. Ramadan falls at a different time each year because the Islamic calendar is based on lunar cycles, which means there isn't a fixed date. However this year it is expected that Ramadan will begin on or around the 28th February 2025 and will end on or around 30th March 2025 (depending on the new moon) with Eid-ul-Fitr falling on either the 30th or 31st March 2025.

Prior to half term we have provided information to all students about Ramadan via assemblies to encourage our school community to foster an understanding about the challenges and requirements affecting Muslim students who are fasting.

In order to support students who are observing Ramadan:

- We will understand and appreciate the dedication and commitment to this obligatory pillar of Islam.
- We have modified the locations of the multi faith reflection rooms, as we understand more students may want to pray at lunchtime during this time. Female students will be able to use the drama studio as a prayer room throughout the whole of lunch and male students can use the usual prayer room throughout the whole of lunch. We ask that students limit their time in the room to 5 mins to allow all students who wish to use these spaces the opportunity to do so. All students wishing to use these spaces will require a pass - permission forms can be obtained from the website and reception.
- PE staff will appreciate that during fasting, normal energy resources may become depleted, and the risk of dehydration is increased. As a result, PE staff will ensure that intensity levels in activities are lowered where necessary to a point where fasting pupils may continue to participate safely. All students will be expected to participate in PE lessons.
- If students are entitled to free school meals and are not using their allocation due to fasting at lunchtime, they can speak to a member of the catering team and they will make a packed lunch for them to take home at the end of the day.

For students who are inexperienced in observing Ramadan, they will sometimes find it challenging. We ask that families support students by:

- Ensuring students have a substantial intake of food and water during Suhur.
- Ensuring students attend school every day
- Agreeing in advance if and when they can break their fast e.g. if they are feeling unwell.

Together, we thrive and add value to the world
BE READY  **BE RESPECTFUL**  **BE RESILIENT** 

Headteacher: Mrs Kerry Cooney



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If a student presents as unwell due to fasting, we will, as recommended in the guidance, offer food/water. It is therefore really important that you have discussed this eventuality with your child prior to the start of Ramadan. If students are unsure/conflicted regarding this decision, we will give students the opportunity to contact home to discuss this with a parent or carer.

For families fasting during the holy month of Ramadan I would like to wish you all Ramadan Mubarak.

Yours faithfully