

# St Wilfrid's Catholic Academy

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Principal: Mr. N. Glover

Tuesday 24<sup>th</sup> February 2026

## Ramadan – Fasting

Dear Parent/ Carer,

I hope this letter finds you well. As we have now entered the month of Ramadan, we would like to take a moment to acknowledge this significant period for many families within our school community. Ramadan is a time of reflection, prayer, and fasting, and we recognise the importance it holds for those who observe it.

We understand that some of our pupils may wish to participate in fasting throughout this month during the school day. While fasting is an important religious obligation, we recognise that it can also present challenges for our pupils, particularly in terms of maintaining focus and energy levels during school hours.

**It is important to note that fasting children will still be required to participate in a full school days activities, which may include swimming, PE and other active lessons.** Therefore, we recommend that only pupils in **Year 5 and Year 6** fast during the school day. If your child is in one of these year groups and you would like them to take part in fasting, please inform their class teacher as soon as possible. This will allow the school to make suitable arrangements and ensure your child is supported safely and respectfully throughout the day.

If you believe that your child is mature enough to fast and is **not currently in Year 5 or Year 6**, please arrange to discuss your wishes with a member of the school's senior leadership team.

We appreciate your understanding and cooperation in this matter. Should you have any questions or concerns, please do not hesitate to reach out.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'N. Glover', written in a cursive style.

Mr N Glover  
Principal

*If you require this letter in another format, please contact the school office.*