



3<sup>rd</sup> March 2025

Dear Parents and Carers,

### Ramadan and Fasting

As we enter the holy month of Ramadan, I would like to extend my warmest wishes to all our Muslim families. Ramadan Mubarak! This is a time filled with excitement and positivity, and we fully embrace this special period within our school community.

The Council of Mosques advises that fasting becomes obligatory only when a person reaches the age of puberty, making it generally not compulsory for most primary school-aged children. While we understand that some of our older pupils may wish to participate in fasting, we encourage you to assess this decision on an individual basis. Fasts can be long and challenging, and we trust that you will thoughtfully consider whether your child should fast. Please know that the school will respect your decisions regarding this matter.

We do not expect any children below Year 5 to keep fasts. If parents of Year 5 or 6 pupils wish for their child to fast during Ramadan, we kindly ask that you inform the school in writing.

In the event that a child becomes distressed or unwell while fasting, the school will offer support by encouraging them to break their fast with a drink of water or a small snack. Additionally, pupils who are fasting will have access to quiet areas on the playground to help conserve their energy.

I want to take this opportunity to wish you all an enjoyable and peaceful Ramadan. May this month be filled with happiness, productivity, and meaningful devotion for you and your children.

Warm regards,

Lorraine Machingauta

Principal

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