

Friday 6<sup>th</sup> February 2026

### **Fasting During Ramadan**

Dear Parents and Carers,

As we approach the holy month of Ramadan, we would like to provide guidance regarding fasting for our children.

At Woodpecker, we recognise and respect the importance of Ramadan and the practice of fasting. However, fasting can be physically demanding, especially for younger children. After careful consideration and in line with traditional Islamic guidance, we will **only permit fasting at school for children who have reached puberty**.

For our school community, this generally means:

- **Year 5 and Year 6** pupils may fast during school hours **only if they have reached puberty and are physically able to do so safely.**

We encourage parents to monitor their child's health and wellbeing during Ramadan and ensure they remain hydrated and nourished when not fasting.

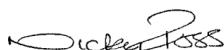
If you have any questions or wish to discuss your child's individual circumstances, please do not hesitate to contact the class teacher.

A list of children in Y5 and Y6 will be kept by the school office to ensure fasting children are provided a safe and quiet space in school during lunchtime.

If your child meets the criteria above and you want them to fast in school, please give their name and class to the school office.

Thank you for your support in ensuring that all our children observe Ramadan safely and meaningfully.

Kind regards,



Nicky Ross  
Headteacher **Woodpecker Hall Academy**  
**NSCT** Leader of Primary Education