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Pennaeth – Headteacher  
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Dear Parent/Guardian

We are privileged to have such a rich mix of cultures and faiths at Fitzalan High School and want to work with you in both celebrating this and in keeping our children safe and well. We have taken advice from the Muslim Council of Britain.

We appreciate that the Holy Month of Ramadan starts soon and that this is a special time for many of our pupils and their families. We expect that some of our older pupils will observe the fast. While we respect that this decision is a matter of personal faith, we would ask that pupils and their families are mindful of the impact fasting may have on their performance in their external examinations. Pupils work hard over many years to achieve their potential and we are keen that they enjoy the success they deserve. Pupils may wish to explore alternatives to fasting on the day of their examinations.

Pupils observing the fast will be expected to participate in all lessons in the curriculum as normal. We ask for your support in discussing this with your children and explaining that Ramadan should not be used as an opportunity to avoid aspects of normal school life. PE lessons will run as usual although pupils who are observing the fast will not be expected to take part in any endurance activities that could result in discomfort or dehydration. Indeed the PE department have planned lessons accordingly.

There are plenty of places where pupils who are fasting may rest at lunchtime and classrooms and exam venues will be kept as cool as possible.

We ask that all pupils start the day having had a healthy breakfast and hydrating well and that families ensure that children and young people rest well at night.

We are aware that local primaries have sent out a similar letter which includes the paragraph below:

As a cluster of schools we have discussed the matter with two of the local Imams. They have told us that children under the age of 14 are not expected to fast and feel that our request that children only fast with their families at the weekends is a fair one. If you would like to discuss this with them further then they would be happy to speak with you at the mosque.

We thank you for supporting us in this request and wish you a peaceful and blessed Ramadan.

Yours sincerely

Mrs C Bradshaw  
Headteacher