

T: 020 8843 0984 (main school reception)  
T: 020 8571 8581 (sixth form reception)

11 Montague Way, Southall, London, UB2 5HF  
info@featherstonehigh.ealing.sch.uk  
www.featherstonehigh.ealing.sch.uk

Headteacher: Mr N. Walters



# Featherstone High School

Founding Member of the Grand Union MAT



29th March 2023

Dear Parents and Carers,

## Re: Fasting during Ramadan

We are aware that a high number of our pupils are currently observing Ramadan. We recognise that fasting during Ramadan forms a core part of the Muslim religion as well as spiritual practice and that this is an important time of spiritual growth for many of our pupils.

As an inclusive school community, we fully support pupils' spiritual practice within their tradition, and we want to make sure they can continue to be successful in school during Ramadan. **We must, however, stress that all subjects (including Drama, P.E. and Music) within the school are compulsory and pupils cannot have permission to be absent from subjects which are a statutory part of the National Curriculum.** We trust that as parents of younger pupils, you have made a careful decision on your child undertaking a full fast during Ramadan.

We would ask that parents support their children to observe their fast in a way that has the **least impact** possible on their learning in school, noting that the pursuit of education is also a religious duty for Muslims.

Please encourage your child to get enough sleep so that they are organised and prepared, arriving early for the start of the school day.

For pupils maintaining a complete fast during daylight hours, this will mean that they need to ensure they are as hydrated as possible overnight. Pupils who are fasting should be careful to not use their energy and lose water through excessive activity during break or lunchtimes, instead they should not exert themselves and should seek shelter out of the sun on very hot sunny days.

We have allocated all year groups with a Reflection/Prayer Room at lunchtimes to allow our pupils to pray. Pupils are aware of this and should use this room to pray during the first 20 minutes of lunchtime.

Thanks for your support as always.

Yours faithfully,

Mrs M. Winters  
Deputy Headteacher