

Colnbrook C. of E. Primary School

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Headteacher: Mr Tom Brunson B.A.(Hons), NPQH



25th February 2025

Dear Parents and Carers,

On behalf of the staff at Colnbrook C. of E. Primary School, I wish to convey my good wishes to those of you who are participating in the month of Ramadan, which will begin at the end of this week.

As a school, we want to work together with our families who are participating in fasting. I am aware that although fasting is only obligatory to adult Muslims, many parents encourage children, particularly those in Year 5 and 6, to participate in at least some elements of the fast in order to embrace the spirit of Ramadan.

It is important that pupils are able to stay well throughout the day and participate in all aspects of school, which will all require concentration, mental energy and physical strength, such as PE lessons. Therefore, you may wish to consider if it would be beneficial for your child to only fast at weekends, or only for certain parts of the day. However, we are happy to support those children who wish to participate in fasting.

If you do wish your child to fast for part or all of the school day, please speak to your child's class teacher so that we can agree together the best way to ensure their wellbeing during the period. Our first aiders and wider staff will be able to monitor those fasting and we will contact you if we have any concerns.

Yours sincerely,

A handwritten signature in black ink that reads 'A. Bharj'.

Mrs A Bharj
Acting Headteacher