



# Ravenscote Junior School

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Wednesday 21<sup>st</sup> January 2026

Dear Parents/Carers

## Fasting and Prayer at School

As we approach the holy month of Ramadan (approx. 17<sup>th</sup> Feb – 18<sup>th</sup> March) in the Islamic calendar, I would like to address the topic of fasting and praying at school and provide you with important information and recommendations. Our aim is to ensure that the religious practices of our children are respected and accommodated while ensuring their educational experience remains inclusive and productive.

At Ravenscote, we firmly believe in creating an environment that promotes understanding, tolerance and respect for all children and their diverse religious backgrounds. We understand that fasting is an important practice observed by some of our children, particularly during specific religious observances such as Ramadan. Similarly, we recognise the significance of prayer for many.

In terms of fasting, we understand that it may pose physical challenges for some children, especially younger children. Therefore, we encourage parents to consider the individual needs and well-being of their child when deciding whether fasting is suitable for them while at school. It is important for children to remain physically active and sustain their energy levels to engage fully in their learning. If your child chooses to fast, we kindly request that you inform us in writing, providing specific details regarding the duration of the fasting period. This will enable us to provide appropriate support and monitor your child's wellbeing during school hours.

I would like to offer a lunchtime club for children who are fasting. This Ramadan club will be held in my classroom (6E) each lunchtime and will be a time spent doing some mindful activities around this holy month.

Regarding prayer during school hours, we understand that children may wish to engage in personal prayer at particular times, such as during lunch breaks. We fully support students' religious beliefs and practices and will provide designated spaces within the school where they can pray peacefully and without interruption. We kindly request that students adhere to the allocated time and location for prayer to maintain a harmonious learning environment. The Dhuhr prayer will be held during lunchtimes, so that no children need to lose any lesson times. I will personally co-ordinate these times, which will also be managed by some of our year 6 children.

As part of our commitment to the holistic development of all our children, we encourage them to learn about and respect each other's religious traditions and practices. Our robust curriculum ensures that children gain a broad understanding of different worldviews and cultures, fostering an environment of mutual respect and appreciation. Please feel free to get in touch if you have any further questions or concerns regarding fasting, prayer, or any other religious matters. We are here to support and accommodate your child's needs to the best of our ability.

Thank you for your cooperation and understanding.

Yours sincerely

*Saima Saleh*

Mrs Saima Saleh  
Year 6 teacher and Religion and Worldviews Subject Lead