



London Borough
of Hounslow



Fairholme Primary School

Peacock Avenue, Bedfont, Feltham, Middlesex, TW14 8ET

Telephone: 020 8890 2584 Fax: 020 8844 2297

office@fairholme.hounslow.sch.uk www.fairholme.hounslow.sch.uk

Headteacher: Miss H. Willis

Friday 17th March 2023

Dear Parents/Carers

Ramadan and fasting

We are aware that the holy month of Ramadan will soon begin, and that this is an extremely important time for some of our families.

Our guidance states that when children reach puberty (usually age 11 or older), they are expected to fast. We cannot support children younger than those in Year 6 to fast during this period. We would suggest parents consider supporting their children to fast at weekends rather than on school days.

However, if your child is in Year 6, has reached puberty and you feel it is appropriate for them to fast on some school days during Ramadan, please write a letter to the Headteacher. We need to be aware of which children may be fasting and to discuss with you the arrangements for their wellbeing and supervision.

We are mindful that children fasting may easily become dehydrated or feel unwell as the weather improves and the temperature rises. Children who fast, in agreement with the school, will be monitored during their lessons and parents/carers will be called if any child shows signs of being unwell. If parents or carers cannot be contacted, we may provide water or food for children who need it.

For families observing Ramadan may we wish you well in your challenge and Ramadan-ul-Mubarak.

Kind regards

Miss H Willis
Headteacher