



**RE: Ramadan and Lent**

**11<sup>th</sup> February 2026**

Dear Parent(s)\*,

As a community we are aware that many of our families will be preparing for both Lent and Ramadan.

**What is Ramadan and why is it celebrated?**

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. During Ramadan, Muslims aim to grow spiritually and build stronger relationships with Allah. They do this by praying and reciting the Quran, making their actions intentional and selfless.

Muslims pay zakat as an act of worship, to fulfil the commandment of Allah and to take care of needy people around the world.

**What is Lent and why is it celebrated?**

Lent is a period of 40 days during which Christians remember the events leading up to and including the death of Jesus Christ, whose life and teachings are the foundation of Christianity. Lent is marked by fasting, both from food and festivities.

Children in Years 5 and 6 may choose to fast on certain days while in school. We will support this by providing a quiet space for reflection. Please note that fasting is not permitted on PE days, as pupils need adequate food and hydration to maintain their energy levels.

Thank you for your support with this.

Yours faithfully

**Mrs Kate Burton**  
Principal

**Mrs Kay Hussain**  
HLTA & Member of the PTC

\* The term 'parent' includes any person or body with parental responsibility such as a foster parent, carer, guardian or local authority.

Principal: **Kate Burton**

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