



Phoenix Primary School
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Head Teacher: Mrs T. Cheung

3rd March, 2025

Ramadan Mubarak! (*Happy Ramadan*)

Ramadan – a month-long period of Islamic prayer, fasting, self-control and goodwill to others – will start on the evening of Friday 28 February or Saturday 1 March, and the end of Ramadan is expected to fall on Sunday 30 March.

Dear Families,

As the blessed month of Ramadan arrives, I wanted to take a moment to share my warmest wishes with you, whether you follow Islam or not. 😊 Ramadan is a time for reflection and spiritual growth. It is a month filled with compassion, kindness, and gratitude, reminding us of the importance of family, and community. May this Ramadan bring you peace, joy, and blessings.

Primary School Guidance during Ramadan

- ❖ No child younger than the age of puberty is obliged to fast. However, primary school-age children may be encouraged by their families to fast.
- ❖ If there are any children who will be fasting at school – we ask that parents/carers please let the class teachers know, so that we can look out for them, and safeguard against any risk to the health and welfare of children.
- ❖ To keep children safe in school, if we notice signs of dehydration or exhaustion in a pupil, we will ask them if they are fasting. If so, we will encourage them to drink some water and reassure them that, in this situation, Islamic practice allows them to break their fast and make it up later. Muslim authorities agree that if there is a risk to a pupil's health, pupils can break their fast and, indeed, they should do so immediately.
- ❖ The NHS advises the following: 'If you produce very little or no urine, or feel disorientated, confused or faint due to dehydration, you must stop fasting and have a drink of water or other fluid. Islam doesn't require you to harm yourself in fulfilling the fast.'
- ❖ A quiet room will be made available during Ramadan, for prayer and rest during lunchtime for those who are fasting.

Best wishes, and Ramadan Mubarak to you and your family!

Mrs Cheung





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