



26 February 2026

Dear Parent/Guardian

## Ramadan

As we have now entered the holy month of Ramadan, I would like to provide some information regarding Physical Education lessons during this period.

Please be assured that there is **no expectation** for students who are fasting to take part in the physical elements of PE lessons during Ramadan. Students who choose not to participate will be fully supported. However, if any student wishes to continue participating in physical activities, their decision will be respected.

If your child is fasting during Ramadan, I kindly ask that you inform us by providing a note. This will help us ensure that appropriate care, understanding, and support are in place throughout this time.

Regardless of whether students participate in the physical activities, **all students are still expected to bring their PE kit to each lesson**. This allows them to take on alternative roles such as umpiring, refereeing, coaching, or other supportive responsibilities within the lesson.

If you have any questions or concerns regarding PE lessons during Ramadan, or any other matter, please do not hesitate to get in touch. We are committed to supporting both you and your child.

Yours sincerely

Mr J Flynn  
Head of Physical Education

