Dear Parents/Carers of pupils in Years 7-13,

For Muslim families in our community, Ramadan represents an important time of the year. As a school we want to honour and celebrate our pupils' identity and religious events are an important part of this. Ramadan is expected to commence on or around 22nd March 2023. Therefore the last 1.5 weeks of this term and first week of next term will be impacted. We are writing to you now to prepare for this period.

**Observing Ramadan**

Each year we think carefully about how to support our pupils (and families) during Ramadan. Whilst continuing to teach the full curriculum, we think carefully about this time, considering pupil activities and parent events with Ramadan in mind.

**In terms of supporting our pupils, we consider the guidance given by the Association of School and College Leaders, issued via the Muslim Council of Britain:**

*Observing Ramadan may bring many benefits to individuals and communities but also has the potential to cause the individual temporary hardship through hunger and lack of liquids during fasting hours which may impact on physical wellbeing and cognitive performance.*

- Young Muslims and families, particularly those sitting exams this summer, will need to balance their obligations as Muslims with their studies and the importance of examinations for their future, noting that the pursuit of education is also a religious and moral duty for Muslims of both genders. This is also alongside any other relevant factors when deciding how to observe Ramadan this year.

- No child under the age of puberty is obliged or expected to fast. Younger children may do a partial fast but this should be in consultation with and under the supervision of parents, carers and schools.

- Fasting is only obligatory under Islamic tradition when a child becomes an adult. However, jurists differ over when this is. It is recommended for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults.

- Parents and carers should be made aware of the following points of view to facilitate their decision-making:
  
  a) The ‘biological maturity’ view: children become adults when they reach physical or biological maturity, that is, puberty. According to this view, children are expected to fast at the age of 15, possibly earlier.
  
  b) The ‘intellectual maturity’ view: children become adults upon attaining intellectual maturity in addition to biological maturity. According to this view, the expectation to fast will occur at some point between the ages of 16-19.

**Observing fasting during Ramadan in school term**

We recognise that many families will choose for their children to fast during the holidays and then resume normal eating patterns for the first two weeks of term.

If your child is going to be fasting, it is very important that the school knows exactly which pupils will be fasting so that we can support them and so that our kitchen staff can prepare the correct number of meals during the period of Ramadan. Please complete the [FORM HERE](#) stating whether or not your child will be fasting. Please complete one form per pupil in years 7-13. **Please complete the form by Monday 20th March.**
If you do not indicate that your child is fasting we will assume that your child will be eating school meals as normal. You will be charged the usual rate unless your child is entitled to Free School Meals.

If your child would normally be in receipt of free school meals but is fasting, you can sign up for a food parcel to support with evening meals on the link.

If, for any reason, the information needs to change for a short period parents must inform the school by emailing parents@kingsolomonacademy.org on the morning of the change, by 9am, or earlier if possible.

**Managing concerns about fasting**

We appreciate that fasting is a challenge for many pupils, especially younger children. Where pupils appear to not be able to learn due to fasting it is likely that your child’s Head of Year will invite their parent to meet with them to discuss if continuing to fast during Ramadan is appropriate for that child.

If it is felt that a child’s health is severely at risk due to their decision to fast, the school has a duty to care for the child by offering them some food or water.

**Iftar**

There will be an Iftar for older for pupils in Years 10, 11, 12 and 13. Details of these special events will be shared with the year groups.

**Eid**

We look forward to celebrating Eid as a community. It is expected to fall on the weekend of the 22nd April, so we will have a celebration in school on Monday 24th April.

Thank you for your continued support of your child’s education. Please complete the form by Monday 20th March.

Yours sincerely,

Max Haimendorf

Principal