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Monday 23rd February 2026

Ramadan 2026

I hope you had a wonderful half term break. I am writing to make you aware of an important event for some of our families from the Muslim faith and how best to support our children who may be fasting. The holy month of Ramadan started on the 18th of February and is projected to end around the 19th of March.

I understand that when children reach puberty they are expected to fast, this is usually around the age of 12 – 14 years old (children under the age of puberty are not expected to fast). However, I am aware that a number of our Year 5 and Year 6 children do fast every year. My concern is that at this time of year daylight hours are getting longer and it is inevitable that children who fast may feel tired, find it difficult to concentrate and be at risk of dehydration.

To ensure that our children continue to learn to the best of their ability, the school requires that every pupil participate in the whole curriculum and therefore recommends that children in primary school do not fast on school days. I would suggest that you consider supporting your child in Year 5 or Year 6 to fast on the weekends.

At Christ the Sower, any Year 5 or Year 6 child who fasts will be monitored during their lessons and parents will be called if any child shows signs of being unwell. If the school office is unable to make contact, we know that parents would want us to support your child's well-being by providing them with food and water.

To help us with this, we would like parents to let us know via the school office, if your child will be fasting. Should we not hear from you, we would expect your child to eat their lunch as normal during the school day. As part of our ongoing monitoring and safeguarding, we will not accept confirmations from your child.

For families fasting during the holy month of Ramadan, I would like to wish you all Ramadan Kareem.

Yours sincerely,

Mrs Saeeda Wilson-Andoh

Deputy Headteacher

