

4<sup>th</sup> March 2024

Dear Parent/Carer

As you may be aware, we are not far away from the Holy Month of Ramadan, which is predicted to begin this year on Sunday 10<sup>th</sup> March and likely ends on Tuesday 9<sup>th</sup> April, followed by Eid ul-Fitr, marking the end of the month-long Ramadan fast. Ramadan is the ninth month of the Islamic calendar and is a period of prayer, self-control, charity, and goodwill to others. For our Muslim and non-Muslim students this is an excellent opportunity for them to think about self-discipline and consideration of others.

Part of Ramadan is fasting, which is one of the Five Pillars (fundamental religious duties) of Islam. Muslims believe fasting has many benefits, such as feeling closer to God, establishing a healthier lifestyle, developing better habits, and establishing better relationships with others.

We want our students at HT to be able to learn about this special and important month and to take advantage of the aspects of self-improvement encouraged throughout this month. During the month of Ramadan students across the school will learn about how and why Ramadan is observed through opportunities during assemblies, Tutor time and Personal and Social Development lessons.

For our students at HT who choose to observe Ramadan we will ensure a prayer and quiet reflection room is made available. Additionally, students observing Ramadan in receipt of Free School Meals can be provided with a packed lunch to take home, if this is required.

So that we can fully support our students who are choosing to observe Ramadan this year, please could you complete the online MS Form below, indicating if your child will be fasting, if they would like to have access to a quiet space for reflection, and prayer, during the day and if you are in receipt of FSM and your child will require a packed lunch to take home.

Yours sincerely



**Mrs M Goodes**  
Vice Principal

Please complete the following MS Form using the link provided or the QR link below – if your child is planning to observe Ramadan.

<https://forms.office.com/e/YAp40dRSeF>

