

13<sup>th</sup> February 2025

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 Friday 28<sup>th</sup> February and likely ends on Sunday, 30<sup>th</sup> March, 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 in 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, eligible for Free School Meals (FSM) can be provided with a packed lunch to take home, if this is required.

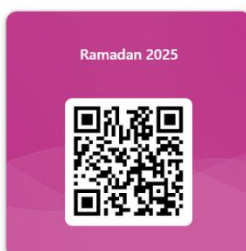
So that we can fully support our students who are choosing to observe Ramadan this year, please could you complete the online MS Form below, indicating if your child will be fasting, if they would like to have access to a quiet space for reflection, and prayer, during the day and if you are eligible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

Yours faithfully



**Mrs M Goodes**  
Senior 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/Rw3wuZtc0T>

