

12 March 2024

Dear Parent/Carer

## RE: Ramadan

Nottingham Girls' Academy recognises and acknowledges that Ramadan and Eid are special and important times for Muslim pupils, and that fasting presents a challenge to pupils in conjunction with their studies.

Observing Ramadan can bring benefits to individuals and communities but also has the potential to cause the individual challenges through hunger and dehydration during fasting hours, which may impact on physical well-being and cognitive performance. We will continue to expect pupils to attend school and be on time throughout the period of Ramadan.

Nottingham Girls' Academy will take some practical steps to support pupils that are fasting:

- First aid and teaching staff will be made aware of the need to ask pupils if they are fasting if they show signs of physical distress and to advise them to break the fast if their health is at risk.
- The PE and performing arts department staff will expect all pupils to participate but will be especially vigilant for the signs of exhaustion or dehydration and will encourage pupils to participate as much as possible with modifications / rest breaks as required.
- As Dance, Music and Drama lessons are essential for educational purposes and are an important part of the curriculum participation in these lessons is important, we would like to assure you that any music played is for educational purposes and not for recreational enjoyment, these lessons are structured and always supervised.
- Any sixth form students who wish to sign out during private study time or between examinations to visit a local mosque will be allowed to do so if notice has been given.
- Any pupils eligible for free school meals will be offered the opportunity to collect a cold lunch that they can take home and eat later, as an alternative to the standard free school lunch.
- The prayer room will continue to be available during lunch time with a designated bathroom for pupils to carry out their ablutions.

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• We provide a safe, kind, nurturing and inclusive environment. • We enjoy the journey together.

- For pupils observing Ramadan a quiet room will be available at break and lunch for pupils wishing to stay inside. The prayer room pass can be shown to access the quiet room.

Nottingham Girls' Academy wishes to stress that it does not seek to direct, it can only offer broad guidance. Each pupil is urged to discuss their own approach to Ramadan with family members and the religious leaders whom they trust and make their decisions considering the relevant guidance. Please contact your child's pastoral team if you have any queries.

Yours faithfully



**Mrs M Heron**  
**Assistant Principal**

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