

## **Arrangements for Ramadan 2026**

Ramadan is expected to run between the evening of 18<sup>th</sup> February and 19<sup>th</sup> March. We wish to support all of our students who are fasting and the arrangements to do this are shown below;

### **Breaktime Arrangements**

We are unable to offer a supervised space during breaktimes but on days where weather is bad the hall will be open.

### **Lunchtime Arrangements**

Girls who are fasting and wish to avoid the Food Courts during lunchtime can make use of the main hall in Emmeline which has been set aside for this purpose. Girls are also welcome to stay in the Food Courts if they would prefer. Water and a snack will be available from the food court at the end of the day for students who are fasting and eligible for Free School Meals.

### **Afternoon Prayer**

Afternoon Prayer times are during lunch for Years 8, 10 and 11 and girls who wish to pray are welcome to do so in the main Hall in Emmeline. For those girls who would prefer to leave their afternoon prayer at the end of the day, E5 will be open from 3pm. Year 11 students may complete their afternoon prayer in E5 at the end of the day before they go to their revision classes.

### **PE and Sport**

PE and sport lessons will continue during the Ramadan period and girls will be expected to participate. Less strenuous options will be available for fasting girls.

### **Music**

Students are allowed to listen to Music during Ramadan if it is for the purpose of educational study so music lessons will continue as normal.

### **Examinations and assessments**

There are likely to be a small number of tests and assessments during Ramadan and students who are fasting must still sit these assessments as they are a crucial part of their school life. Where possible we will avoid placing assessments on days where Eid is likely to fall.

Due to the importance of assessments for further education and career prospects, girls sitting assessments will need to seriously and thoughtfully take their future and their studies into account, alongside their previous experiences of Ramadan when deciding how they will observe Ramadan this year. Girls and their families should be made aware that Islam does not require them to put their futures in jeopardy.

### **Safeguarding and Health**

School is aware that the decision to fast is taken by individuals and families, so we do not assume that students are fasting and neither do we ask families or students if this is the case. However, if a student presents with ill health or dehydration we will enquire as to if they are fasting since this will be a welfare issue. We have been advised that students in ill health can break their fast temporarily if this will make them well so we will offer water in cases where it is appropriate. Our advice is that the lost fasting time due to illness can be made up later when the student has recovered.

Our students who are fasting during Ramadan should be encouraged as much as possible to have their Suhoor as this will ensure that they have the essential nutrients and hydration they would need to function at their best throughout the school day. This is especially the case for those students involved in assessments.

### **Staff Fast**

Once again this year, several of our staff will be joining the girls in their fast on Friday 27<sup>th</sup> of February so that we can show support and gain understanding of what fasting is like.

Further information about Ramadan can be found in [this guide](#) from the Muslim Council of Great Britain.