



Aston Manor Academy

All different • All equal • All achieving

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HEADTEACHER: JILL SWEENEY



25th March 2022

Dear Parents/Carers,

Ramadan starts on Monday and we are aware that many of our students will be fasting. We understand and appreciate the importance of this very sacred month. The physical and spiritual wellbeing of pupils, along with the balancing of school work can become extremely difficult during this period, especially for those taking formal exams.

Student well-being is very important to us, if students feel unwell or faint we are guided to give them water, however we will endeavour to contact you first. For us to help support our students during this period, we would like to ask for your support in ensuring they are thoroughly prepared for this period and are able to continue to learn and sit exams effectively when they are in school.

Students will be supported in school during Ramadan, and we would like your support in ensuring they try to adjust Iftar and Sehri meals. Pupils should be encouraged to eat meals that contain healthy options and avoid large amounts of fried, fatty and salty foods. It is also important students are aware of the importance of hydration and so are drinking plenty of water and consuming fruits in preparation for the day ahead.

Those pupils in receipt of free school meals will be able to collect a sandwich and a drink at the end of the day from the canteen to take home with them if they wish.

If you have any questions with regards to Ramadan please do not hesitate to contact your child's head of year.

Thank you for your continued support.

Yours sincerely

Jill Sweeney
Headteacher

