



Monday 3<sup>rd</sup> March 2025

**Re: PE lessons during Ramadan**

Dear Parent/Carer,

**Ramadan Mubarak!**

We are writing to inform you of our expectations regarding Physical Education during the holy month of *Ramadan*. We understand that during this month many of our students will be fasting throughout the day, which will have a significant impact on the level of physical activity they can do.

However, as a PE department **we still expect every student to bring and change into full Heron Hall PE kit** during PE lessons, in line with school expectations. We also expect students to always remain in their PE lessons as per the school expectations. Students who attend PE lessons without PE kit will receive sanctions, including students who are fasting.

We do not expect students who are fasting to exert themselves during PE lessons however, we would like **all our students to participate in PE lessons** as much as possible. We recommend our students who are fasting to avoid vigorous, high-intensity activities during the daytime and especially in warm weather.

As a PE department, we are adjusting our lessons to make it less physically demanding for our students during the month of Ramadan. Our expectation remains that students still attend lessons with full Heron Hall PE kit and at least make an attempt to participate.

Thank you for your support and cooperation.

Yours faithfully,

**Mr L Charles**

Head of Physical Education