

# CROMWELL PRIMARY SCHOOL

## Cromwell Learning Community Multi Academy Trust

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### Fasting during Ramadan



Dear Parent / Carers,

We know that Ramadan is a very special time for many of our families and is a period of prayer, fasting and goodwill to others. As in previous years we expect some children will want to fast during the school day. As you're aware, no child under the age of puberty is obliged, or should be expected to fast. In our experience, those children in EYFS - Year 3 are too young to observe the full fast. Therefore, as in previous years, we propose that they practise shorter and partial fasts under parental supervision outside school hours e.g. on weekends and at home.

This year, the holy month of Ramadan is expected to begin on the evening of Tuesday 17<sup>th</sup> February 2026, depending on the sighting of the moon. Arriving in the heart of winter, at a time when days are shorter, the fasts will contrast those of the summer months, while the cooler weather will reduce the risk of heat exhaustion and dehydration. Unlike 2024 and 2025, Ramadan will also end before the clocks go forward by an hour on March 29<sup>th</sup> so there won't be a sudden change to mealtimes and prayer times. As such this will seem to be an ideal time for those new to fasting, or for children starting their first / partial fast. In response, parents of children in KS2 will, we know, have thought carefully about whether their child fasts this year. Should they be fasting during the school day we will be respectful of your decision and simply ask that you notify us of this, by clicking and completing the online return form at: [Ramadan 2026](#).

It is important however, that parents also understand the school's safeguarding responsibilities at such a time. Primary age children can become very tired when they do not have regular meals and from previous experience, we know that some children find it difficult to concentrate in class and / or safely perform the activities expected of them during the school day. Please be aware that:

- If a child chooses to break their fast, staff will respond to their requests for food or drink, even if a completed form has been returned.
- If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will ask the child to break their fast and offer food and/or water, even if a completed form has been submitted. We may also call the parent / carer and/or emergency services, if we believe this is necessary.

We hope the information helps, but please do not hesitate to contact us if you have any questions.

At this point, we'd like to take the opportunity to wish all our families fasting during the holy month, 'Ramadan Mubarak'.

Yours sincerely,  
*Rubina Darr*  
R.Darr (Mrs)  
Senior Executive Leader



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