



Biddenham

International School & Sports College

Principal: Mr David Bailey

Head of School: Ms Eleanor Grylls

15th March 2024

Dear Parents/Carers

Ramadan can be a physically challenging yet spiritually rewarding experience for our students. We would like to wish all of those observing this blessed month - Ramadan Mubarak.

In light of the recent media coverage of physical activity during Ramadan. We would like to take this opportunity to give you as parents/carers some clarity around the measures put in place to support your child with their health and wellbeing during Ramadan.

Given the diverse nature of our school our curriculum is built to be adapted and personalised to meet the needs of the students with reference to the most current guidance. Our curriculum for PE/Dance lessons have been devised with reference to the following two publications the [link](#) have been attached for your reference:

Towards Greater Understanding – Meeting the needs of Muslim pupils in state schools, Information & Guidance for Schools. [The Muslim Council of Britain](#) Safe Practice in Physical Education, Sport & Physical Activity. [Association for Physical Education](#) .

In order to meet the needs of the National Curriculum and ensure your child maintains the required activity levels to be healthy, students will still need their PE kit and take part in PE/Dance lessons. Please find below examples of adjustments/ support mechanisms made to their lessons during Ramadan in order for students to participate safely;

- Lower energy expenditure in activities when needed
- Increased strategic rest breaks
- Increased opportunities for coaching/performance analysis/officiating roles
- Students are encouraged to speak to their teacher at the earliest opportunity if they have any concerns regarding fasting in PE/Dance lessons.

If as a parent/carer you would like to make contact with us due to your child having a pre-existing medical condition please feel free to email the class teacher and we would be happy to respond.

Yours faithfully,

Mr D Bailey
Principal

Ms E Grylls
Head of School

Biddenham Turn, Biddenham, Bedford, MK40 4AZ

Tel: 01234 342521

Fax: 01234 334530

Email: enquiries@biddenham.beds.sch.uk

Website: biddenham.beds.sch.uk