



16th March 2023

Dear Parent/Carer

RAMADAN – THE MONTH OF FASTING

I am aware that you and your family are preparing to celebrate Ramadan and our school would like to do our best to meet the needs of Muslim pupils who wish to fast. During a previous consultation with our Governing Body it was agreed that only children in Year 5 and 6 are allowed to fast during the school day.

Parents/carers must inform the school if their child is going to participate in fasting; please sign and return the slip below to your child's teacher if your child will be fasting. Please note that unless we have received the signed permission slip we will assume that they are not taking part.

The effects of fasting may include tiredness, low energy, reduced focus and concentration issues.

It may not be possible for your child to remain indoors during playtime / dinner-time however we have many seated areas where they can sit quietly. Alternatively, they can join their friends in the playground as long as they conserve their energy by taking part in less energetic activities.

Please note that the school has an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis. If there are concerns about any children who are fasting, a teacher will advise the child to terminate the fast by drinking some water and/or taking food in accordance with the school's Health and Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later. We will make you aware that this has happened.

Finally, on behalf of the school may I wish you and your family a peaceful and blessed month and a very happy Eid-ul-Fitr.

Yours sincerely

Cathy Beddows

Headteacher

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RE: FASTING AT SCHOOL DURING RAMADAN 2023 (YEAR 5 OR 6 ONLY)

Child's name _____ Class _____

Will be fasting during Ramadan. I understand that should he/she feel unwell they will be provided with food and /or water.

Signed _____ Parent / Carer