

Tuesday, 6 May 2019

Dear Parents and Carers,

Ramadan 2019

The holy month of Ramadan begins this week. We hope that this is a peaceful and blessed month for all our Muslim children and their families.

Whilst there is no expectation for young children to fast, we know that some of our older children will want to join their friends and family. This may involve fasting for part-days, selected days or at weekends.

We would encourage you to use weekends and the May half term to include children in fasting if this is something that is right for you and your family.

Occasionally, families may want their children to fast on school days. In such cases we will try to respect your wishes as parents and we will put procedures in place to support your child.

If your child is in Year 5 or Year 6, and you feel that your child is able to fast and they choose to do so, we can arrange for them to sit quietly at lunchtime. Alternatively they can join their friends in the playground, as long as they conserve their energy by taking part in less energetic activities. We won't permit younger children to fast unless there are exceptional circumstances.

We ask you to bear in mind the following:

- The school will support those in Years 5 and 6 who choose to take part with their parents' permission, but we will not enforce the fast.
- If a child looks or starts to feel unwell then they will be offered food and if dehydrated, will be given water – this is part of our duty of care for your child.
- For health and safety reasons, no child will be allowed to fast unless we have their parents' written consent.
- If we have any concerns about your child's health, we will contact you during the school day.
- Please ask your children to respect the choices of other families about this and not to encourage other children to fast.
- We will not allow children to fast during the Year 6 residential visit, and we would strongly advise that children eat normally during SATs week and in the lead up to that week.

If your child wishes to fast at school then, please complete and return the form overleaf to the school office. Please note that, unless we receive your signed permission for your child to fast at school, we will assume that they are not taking part.

Yours sincerely,

Nick Waldron
