

March 2022

Dear families

Ramadan and fasting

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. Many students have begun to ask about fasting and whether they are allowed to fast.

As I'm sure you're aware, no child under the age of puberty is obliged, or should be expected to fast. In our experience, primary students, and especially those in EYFS to Year 4 are too young to observe the full fast. Therefore, as in previous years, if families would like younger children to fast, we propose that they practise shorter and partial fasts under parental supervision outside school hours e.g. on weekends and at home.

In terms of Year 5 and Year 6 students, you will have thought carefully about whether your child fasts and school will be respectful of your decision. Obviously, if Year 5 and Year 6 primary students are fasting during school hours, teachers and staff do need to know so that they can safeguard against any risk to health. We are aware that students can be put under pressure from peers to fast and we do all that we can to prevent this.

Where students in Year 5 and Year 6 have permission to fast from parents / carers, we will put the following in place in order to support them:

- Students are provided with a supervised space to rest and read their DEAR book.
- Where a student becomes fatigued or the fasting affects their learning, we will contact parents / carers for permission to break the fast.

Year 6 will be sitting their SATs in May; as such, parents / carers may wish to consider partial fasting in order to ease the pressure on their child in the run up to the assessments.

We are aware that you may want your child to fast on some days but not others, or you may want to leave the decision up to your child. As you know, sometimes peer pressure is put on students who aren't fasting and we are mindful that some students may want to fast even though parents / carers don't wish them to. As a result, we ask that parents / carers let us know what they have agreed with their child by filling in the slip on the reverse of this letter. Please return the slip to the office by Wednesday 23 March so that we can prepare and make staff aware.

Thank you in advance for your continued support.

Kind regards



Nicola Parry
Acting Principal



Ramadan Fasting Consent Form March 2022

Student: _____ Year: _____ Class: _____

I would like my child to *(please tick)*:

Fast **Not fast**

If you would like your child to fast, on what days would you like them to do this?

Day	Fasting (please tick)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Signed: _____

Date: _____

