

Wednesday 6th March 2024

Dear Parents/Carers,

As we approach the holy month of Ramadan, I hope you don't mind me taking this opportunity to discuss the topic of fasting with regards to our primary school children.

Ramadan is a very special time for some of our pupils, their families, and the community as a whole. Many children may express interest in fasting during this month as a way to participate in this important tradition. While fasting is *not* obligatory for young children, specifically those below the age of puberty (below Year 5), some may wish to try fasting for a few hours or a full day under parental supervision.

As educators, we believe it is important to support our pupils in their religious and cultural practices while ensuring their well-being and academic success. If your child expresses a desire to fast, we encourage you to have open discussions with them about the significance of Ramadan, the importance of hydration and nutrition, and to consider their individual capabilities before making a decision.

Fasting during the school week can be challenging for primary school aged children, particularly if the weather is warm. Children may struggle during afternoon sessions and should PE fall in an afternoon, other schools have regularly experienced concerns over the health of children. Therefore, we would like to ask that you inform the school, preferably your child's class teacher, if your child will be fasting during school hours so that we can provide the necessary support and accommodations. We will ensure that your child is not placed in situations that may compromise their health or ability to fully participate in school activities. In the past, we have had children inform their teachers themselves, which has resulted in phone calls home being made where we have discovered that parental consent has not been given! We thank you for supporting us with this request.

For those of you who are about to begin the holy month of fasting, we wish you, along with the millions of Muslims around the world, a very blessed and generous month. Ramadan Mubarak!

Kindest regards,



Mr D. Adams
Head Teacher