

23 April 2019

Dear Parents

**Re: Ramadan for Y5 & Y6**

The month of Ramadan is expected to start around the 5th May. I know this will be a very special time for many of you and your children. We are aware that children do not have to fast at this age and can be put under pressure to fast and we do all that we can to prevent this.

You will have thought carefully about whether your child fasts and school will be respectful of your decisions. Obviously, we will need to know exactly when children are fasting, as it has an impact on their learning and wellbeing. We must be kept informed by parents if a child is fasting, as we need to be extra vigilant to ensure their safety.

The fasts this year will be long and as such we would encourage children to either fast at the weekend or to carry out a half fast (as recommended by the Council of Mosques). This is especially the case for children in Y6 who will be sitting their SATs during May. However, we respect that some parents will want their child to fast during the week. Obviously we need to make appropriate arrangements for children who are fasting, so that they are supported. But we also need to be clear about the expectation on them, i.e. that, where fasting occurs, we would still expect the child to fully take part in lessons and activities just like any other day. Where they struggle to do this we may need to review fasting arrangements.

We are proposing that, where children in Y5 and Y6 have permission to fast from parents, we put the following into place in order to support them:

- Children spend the first half an hour of lunch supervised inside, playing quiet games and talking to friends;
- Children spend the second half an hour outside, so that they get fresh air (and don't feel punished). Calm areas will be provided outside for those who wish to use them;
- PE lessons will focus on skills that require less energy and running around;
- After School clubs for Y5 and Y6 will be suspended during this period;
- Where a child becomes fatigued or the fasting affects their learning, we will contact parents for permission to break the fast.

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 them. As you know, there is sometimes peer pressure put on children who aren't fasting and we are mindful that some children may want to fast even though parents don't wish them to. As a result we ask that each parent lets us know what they have agreed with their child, by filling in the slip on the attached form. Please return the slip to the office by Friday 26<sup>th</sup> April so that we have time to prepare.

If you would like to discuss this further please let me know.

Kind regards



Terri Leighton  
Principal



## Year 5 and 6 Fasting Arrangements

Child: \_\_\_\_\_

Class: **Mexico**

I would like my child to: (Please tick which you would like)

Fast  Not Fast

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

Y5 - Mexico		
Day	PE	Fasting?
Monday		
Tuesday	Yes	
Wednesday	Yes	
Thursday		
Friday		

Signed: ..... Date: .....

