

Thursday 24th March 2022

Dear Parents

Re: Ramadan for Y5 & Y6

The month of Ramadan is expected to start around the 2nd April. 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.

I know that 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. **Students cannot fast without written permission from parents.**

The fasts this year will be long but 2 weeks are within the holidays, as such we would encourage children to either fast at the weekend, through the holidays or to carry out a half fast (as recommended by the Council of Mosques).

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 propose 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, contemplating the religious importance of Ramadan;
- Children spend the second half of lunch outside, so that they get fresh air (and don't feel punished). Children will be encouraged to engage in less strenuous play activities;
- PE lessons will focus on skills that require less energy and running around;
- Where a child becomes fatigued or the fasting affects their learning they will be asked 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 Thursday 31st March 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: _____

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?

Monday Y5 please note this is PE day

Tuesday Y5/6 please note this is PE day

Wednesday

Thursday Y6 please note this is PE day

Friday

Signed: Date: