

### Fasting during Ramadan

Dear Parents/Carers,

During the Holy Month of Ramadan, we acknowledge that children may wish to fast.

The school has been advised that children under 10 years of age are not required to fast, as primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day.

It is important that parents understand that despite the request to fast, the school ultimately has a responsibility of care to the children.

With this in mind, we would like to explain the procedures that will be followed to ensure the well-being of your child or children:

1. The Headteacher only permits children in **years 5 & 6** to fast.
2. Parents who wish to give permission for their child to fast during Ramadan whilst at school, will need to complete and sign the ['Request to Fast'](#) google form.
3. Requests for food – As the school is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed form has been provided.
4. Illness – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g, dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed form has been provided and may call the child's parents or guardians, and the emergency services, if they believe that it is necessary.

If you have any questions, please speak to Sam Mathews, who is available at the front gate every morning.

Yours sincerely

*N. Harmer*

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