



Principal: Paul Cornall

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Monday, 10th February 2025

Dear Parents/Carers,

Ramadan and arrangements for children who are fasting

The holy month of Ramadan is approaching and this year it is predicted to start around Friday, 28th February and continue until Sunday, 30th March. We want to make sure we provide appropriate support to children and families who will be observing this significant and special time.

Children who are fasting in school must have the permission of their parents or carers. Please complete the attached permission slip if you wish to allow this and return to school by **Monday, 24th February**.

Only children in year 6 and those who have reached puberty in Year 5 may fast and on days that **do not** include PE or school trips. Those fasting will be encouraged to avoid excessive physical activity and spend their lunch break in a quiet space.

If a child feels unwell or wishes to break their fast, they should let a member of staff know and we will provide them something to eat or drink. Children will only be expected to break their fast if there is a concern regarding their health or safety and we will seek to contact parent/carer in such a situation. If we cannot make contact, we will expect the child to break their fast.

Kindly note that if we do not have your permission via the return of the permission slip attached, your child will not be allowed to fast in school.

Thank you for your co-operation in making sure we have a safe and supportive environment for all children during Ramadan.

For those observing, we wish you a peaceful and blessed month – Ramadan Mubarak!

Yours sincerely,

Paul Cornall

Principal



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Consent to fasting for Ramadan

Child's name: _____

Class: _____

I consent to my child fasting during the school day through the period of Ramadan.

I understand that my child may not fast on days that involve physical education (PE) lessons and school trips.

I understand that if my child shows signs of feeling unwell, dehydrated, fatigued or experiences a significant change in mood or behaviour, they will be required to break their fast.

Signature of parent/carer: _____

Print name: _____

Date: _____