



eastbury  
primary  
school

## RAMADAN

Dear parent/carer,

It will soon be the holy month of Ramadan and we are aware that this is an extremely important time for our Muslim families. The holy month is due to commence from around 5<sup>th</sup> May 2019 until Eid al-Fitr, around 4<sup>th</sup> June 2019.

We understand that when children reach puberty they are expected to fast (children under the age of puberty are not expected to fast). However, we are concerned that at this time of year daylight hours are very long and it is inevitable that children who fast may feel tired, find it difficult to concentrate and be at risk of dehydration. The year 6 SATs tests take place during Ramadan (in the week commencing 13<sup>th</sup> May) and this would mean that the children would not be able to do their best in their SATs tests.

To ensure that our children continue to learn to the best of their ability, the school requires that every pupil participate in the whole curriculum and therefore recommends that children in primary school do not fast on school days. We would suggest parents consider supporting their children, who have reached puberty, to fast at weekends and during the half-term holiday.

However, if your child has reached puberty and you feel it is appropriate for them to fast on some school days during Ramadan, please complete the slip overleaf and return it to your class teacher. Due to the school's duty of care, we ask that if your child is fasting that they go home for the lunch hour and then return to school for the afternoon lessons. We will also be asking your child to sit out of any PE and sporting events.

Children who fast will be monitored during their lessons and parents will be called if any child shows signs of being unwell. If parents cannot be contacted, you will obviously expect us to support the children in their well-being.

For families observing Ramadan may we wish you well in your challenge and Ramadan ul-Mubarak.

Yours sincerely,

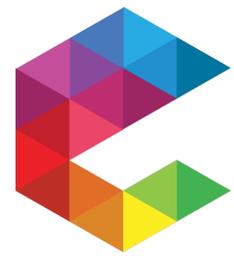
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**Ramadan**

**Please hand in to your class teacher**

My child will be fasting on some school days during Ramadan

Child's name:.....

Class:.....

Parent/Carer name:..... Parent/carer signature .....

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