



eastbury
primary
school

Wednesday, 24 March 21



Dear parent/carer,

RAMADAN 2021

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 Monday 12th April 2021 until around Wednesday 12th May 2021.

We understand that when children reach puberty they are expected to fast, this is usually around the age of 13 – 14 years old (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.

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 Easter holiday.

For families fasting during the month of Ramadan I would like to wish you all Ramadan Mubarak.

Very best wishes

Mrs Shepherd
Headteacher

Eastbury Primary School

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