



eastbury
primary
school

Friday, 10 March 23



Dear parent/carer,

Ramadan 2023

It will soon be the the start 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 Thursday 23rd March, until Eid al-Fitr around Friday 21st April.

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.

Children who fast will be monitored during their lessons and parents will be called if any child shows signs of being unwell. If we are unable to make contact, we know that parents would want us to support their childs well-being by providing them with food and water.

Please complete the link to advise us if your child will be fasting:

<https://forms.office.com/e/LQCiNjqBAJ>

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

Very best wishes

Mrs Shepherd

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