

Fasting During Ramadan

Dear Parents,

As a school we recognise, respect and value the significance and importance of Ramadan for our Muslim children and their families. We aim to ensure that the important act of fasting can be observed and undertaken by children who are old enough, able and ready to undertake this commitment; alongside ensuring that the wellbeing and health of young children is also recognised and supported.

Within our school policy policy we aim:

- To provide a safe environment for older children who wish to fast during part or all of the month of Ramadan, in line with current guidance and advice.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop respect, knowledge and understanding of the different faiths represented in our school population.

With Ramadan starting next week we have reviewed our policy on children fasting during the school day in line with other local schools and following appropriate guidance, including the most recent, contained within 'Ramadan: Exams and Tests 2019: Information for Schools & Colleges.' A copy of this important guidance document can be found on the school website and has been both contributed to and endorsed by many significant imams, Islamic scholars, Muslim chaplains and leaders in the education sector. You may also request a copy from your child's class teacher should you wish to.

Year 6:

Children are able to fast if they and their families wish to them to do this, either for the whole period of Ramadan or just on particular days. We will make available and supervise a quiet space for children who are fasting to spend their lunchtime whilst other children are eating and they will be encouraged not to run around at lunchtime in order to conserve their energy. If your child is fasting, school and their class teacher must be made aware in order to safeguard your child against any risk to their health.

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Headteacher: Mrs Rachel Higgins



Year 5 and below:

In line with guidance and advice for children in Year 5 and below we respectfully ask that they do not fast during the school day, eating and drinking as normal in order to ensure their wellbeing and health. We understand that children may be keen to join in with fasting with their family and would suggest that parents consider that they join in with fasting with the family for shorter periods outside of school when parents can fully supervise this.

Any child who is fasting will need to bring into school an 'emergency snack' to use if they become unwell or feel that they are unable to continue fasting. If children are unwell, involved in sports or any trip away from school or if the weather is very hot we will ask that they eat and drink normally to ensure their health and wellbeing. If a child has any medical condition that may be compromised by fasting e.g. diabetes, they will not be permitted to fast at school. If a child that is fasting becomes unwell school will contact parents immediately.

We would ask that, in order to allow us to best support your child, you provide a letter confirming that you are happy for your child (Year 6 only) to fast during the school day if they ask to. Without this we cannot allow your child to fast during the school day, in the interests of their health and safety.

We would also like to take this opportunity to remind you that children are able to have one day's absence to celebrate Eid-ul-Fitr at the end of Ramadan but two days will be authorised if you are visiting family away from Worcester and need time to travel etc. All absence for Eid must be requested in writing before the day itself and you can only request absence for your own children. We are looking forward to holding our annual school Eid-ul-Fitr celebration day following this in the week beginning June 10th - final date & details will be sent out soon.

Thank you for your support. May we take this opportunity to wish you all a peaceful Ramadan.

Best Wishes,

Mrs Rachel Higgins
Headteacher

Miss Emma Cother
Assistant Headteacher
EAL Leader

Miss Charlie Allen
R.E. Subject Leader

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