

Friday 1st March 2024

Dear Families,

Fasting during Ramadan March 2024

We are approaching the beginning of the Muslim holy month of **Ramadan** and would like to support your child if they take part in this special time of the Muslim calendar. Following guidance and research, it is our understanding that children are not required to fast until they reach a certain level of maturity. We are aware that some parents may wish their child to start fasting before this age, depending on the child's general health and tolerance to hunger and thirst. As fasting involves not eating or drinking during the hours of daylight, we **do not** recommend children younger than 10 years old to fast while at school.

If your child is 10 or 11 years old, we require **written confirmation** from you if you wish for your child/children to fast during the school day. Please be aware that even if your child is fasting, we still require you to provide a packed lunch for that day if they are not school meals. If your child is fasting and feels weak or is unable to keep up with their usual activities, school will ask that they break their fast and you will be contacted. This is part of our duty to keep your child safe in school.

Please feel free to discuss this further with your class teacher.

We wish you and your family a peaceful and blessed month.

Ms Yusuf



Deputy Headteacher

