

The James Cambell Primary School
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29th March 2022

Dear Parent/Carer,

RAMADAN

It will soon be the holy month of Ramadan and we are aware that this is an extremely important time for our Muslim families. In 2022, Ramadan will run between 2nd April and 1st May.

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 also aware 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 encourages every pupil to 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 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 below and return it to your class teacher (copies of the slip are available from the school office should you need to collect one). If your child is fasting, then please speak to them about avoiding too much physical activity at play time and lunchtime. You may wish to consider collecting them for the lunch hour and then returning 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 as appropriate.

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

Yours faithfully,



Joe Wilson
Headteacher

Ramadan

Please hand in to your class teacher

My child will be fasting on some school days during Ramadan

Child's name:

Class:

I will be collecting my child on those days so that they can be at home during the lunch hour: Yes / No

Parent/Carer name:

Parent/carers signature