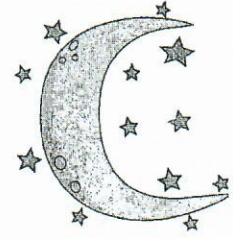




# Charnwood Primary School

Wednesday, 24 May 2017

Dear Parent/Carer,



## Fasting during Ramadhan

The month of Ramadhan will be starting soon. As this is a special time of year for many in our school community, it is understandable that children feel like fasting with the adults in their family. As you will no doubt agree, the health and safety of our children is paramount. The fasting day this year will last approximately 18 to 20 hours. Fasting during school days can prove to be very difficult for our children, and could potentially be dangerous if children do not take in fluids especially on hot days. The summer term at Charnwood is always a busy time for our pupils and staff, with many exciting activities and outings taking place. Children will be expected to participate in all activities, including P.E and swimming.

**My advice is that children do not fast on school days. If a child falls ill, they will be asked to break their fast.**

**If you insist on your child fasting, please ensure you follow the procedure below:**

- A **written note** to the class teacher **on each fasting day**. If a note is not received pupils will continue with their normal arrangements.
- We recommend you collect your child at lunchtime. This will enable your child to have a restful day and return to school refreshed for the afternoon.
- Explain to your child that they will be asked to break their fast if the teachers deem it necessary for his/her wellbeing.

At Charnwood, one of our greatest strengths is the strong partnership between parents/carers and the school. I would like to thank you in advance for your cooperation and support. Wishing you all a peaceful month ahead.

Yours sincerely,

**Ms N Jassat**  
**Head teacher**