



# Chilwell Croft Academy

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Headteacher: Dr George Koutsou

Executive Director: Heather Roberts

Friday 3<sup>rd</sup> May 2019

Dear Parent/Carer,

**Re: Fasting during Ramadan period**

As the fasting period approaches us, I would like to set out our school's guidance in relation to fasting:-

- 1 We recognise in Islam that fasting is not compulsory before the age of puberty and therefore it is likely that only Year 6 children may fall into this category.
- 2 Please will all parents inform myself through the office, in writing, if they wish their child to fast for part or all of the month of Ramadan. As discussed in a recent parental meeting and after speaking to local religious leaders, any children completing their SATS are deemed to be on an educational journey and, as such, are not expected or required to fast during this period. It is vital for energy and concentration levels that they have a good breakfast before attending school each morning.
- 3 If a child says that he or she is fasting but I have not received a letter from you this will be dealt with in a respectful way. However, the child will not be allowed to miss lunch.
- 4 Children will be expected to take part in a normal daily routine and a full school curriculum, including PE.
- 5 In the rare circumstances of a child becoming distressed when he or she is fasting, we will inform you and provide your child with something to eat or drink.
- 6 It is recommended that children with medical conditions such as diabetes, asthma, eczema should refrain from fasting.
- 7 Should an educational visit take place during the month of Ramadan, we will ask parents/carers for their child not to fast on this day.
- 8 We will inform parents/carers immediately if their child who is fasting becomes unwell.

I hope that this guidance outlines our position clearly. Once again if you do wish for your child to fast, you must notify me in writing.

Should you require any further assistance or information please do not hesitate in contact me.

Thank you for your co-operation.

Yours faithfully,

**Dr George Koutsou**  
**Headteacher**