

Winhills Primary Academy

Part of The Diamond Learning Partnership Trust

Established in the Queen's Jubilee Year 2012

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Executive Headteacher: Mrs Susannah Connell BSc MA (Ed Mgt) NPQH

7th March 2024

Dear Parents or carers,

Re: Ramadan Fasting

The month of Ramadan is a very important month for Muslim members of our Winhills community, and we are looking forward to recognising this month by taking the opportunity to all learn more about Islam and Ramadan and to support pupils and staff who will be celebrating.

What is Ramadan?

- Ramadan is the ninth month of the Islamic Calendar. The exact dates of Ramadan vary according to the lunar calendar.
- Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to humanity.
- It is an important time of prayer and reflection during which Muslims will fast from both food and water from dawn until dusk as one of the Five Pillars of Islam.
- The month of Ramadan ends with a celebration called Eid-al-Fitr which this year will fall around 9 or 10 April.

Ramadan at Winhills

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children sometimes want to fast to prepare themselves for adulthood. We do not encourage children in Key Stage 1 to fast.

If your child in Key Stage 2 wants to fast during the month of Ramadan, we need to put measures in place to make sure that they are safe at school:

- All parents must inform the school if they wish their child to fast for part or all of the month of Ramadan. We ask that parents complete a 'weekly fasting permission slip'.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, we will contact the family for clarification.
- Children who are fasting should not be expected to exert themselves physically, so will not take part in PE lessons.

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- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunch or playtime. They will be encouraged to make use of quiet areas on the playground or inside school in order to conserve their energy.
- All children who fast will need to bring an emergency snack with them to school daily.
- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school may encourage the child to break their fast by eating their emergency snack and having a drink of water.
- If a child has a medical condition that would be complicated by fasting, e.g diabetes, the child will not be permitted to fast at school.

We hope that these considerations will help to keep all children at Winhills safe during the month of Ramadan.

If you would like to discuss the plans we have in place to support your child if they choose to fast, please contact the school office.

Kind regards



Mrs Nicola Harradine

Headteacher

On behalf of Winhills Primary Academy (Part of The DLPT)

Ramadan Fasting Weekly Permission Slip

I give my child _____ class _____

permission to fast for the purpose of Ramadan for the following dates:

_____.

Signed: _____

Printed: _____