

# PRIMET PRIMARY SCHOOL

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12<sup>th</sup> April 2021

Dear Parent or Carer,

At Primet Primary School we are aware that we are coming up to the holy month of Ramadan and that this is an extremely important time for our Muslim families.

We are aware that when children reach puberty they are expected to fast (children under the age of puberty are not expected to fast). However, we are concerned that at this time of year, daylight hours are very long and it is inevitable that anyone who fasts 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 requires that every pupil participate in the whole curriculum and therefore we recommend that children do not fast on school days. We would suggest parents consider supporting their children, who have reached puberty, to fast at weekends.

However, if your child has reached puberty and you feel it is appropriate for them to fast on some school days during Ramadan, then please inform the school office. Due to the school's duty of care, we ask that if your child is fasting that they go home for the lunch hour and then return 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.

For families observing this holy month, we would like to wish you a Ramadam Kareem.

Yours faithfully

Mr Holmes  
Headteacher