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Dear Parent/Carer,

At this special time of the year of Ramadan we are advising that children of primary school age ~~should not be fasting~~. Our reason in doing this is out of concern for your child's well-being. A school day is very long and tiring at the best of times for children but when they cannot eat or drink they get very tired and thirsty, lose concentration and as a result their learning suffers and therefore do not achieve their full learning potential.

Unless there is a particular important reason why you feel your child should fast during this time I know that you will support us in advising your children that they should eat and drink as normal during the school day.

If you still wish for your child to fast then please send a letter stating you wish for your child to observe fasting. We do not expect children in Reception to Year 3 to Fast.

Yours Sincerely,

Mrs Sofina Islam OBE
Head Teacher