



Friday 19th March 2021

Dear Parents,

The Holy Month of Ramadan - Fasting Guidance for Parents and Pupils in Y5 & Y6

School is advised that Ramadan begins on Tuesday 13th or Wednesday 14th of April 2021. Hague Primary School recognises that this is an important time for our Muslim families and for children who may wish to be fasting for the first time.

We know many children want to fast during Ramadan to feel a part of the community around them.

The fasting hours in the summer months are long for young children. Hague practice is to allow children in Years 5 and 6 to fast on the days (usually 3 days per week) which do not include PE or trips.

The children will be supervised in their lunch break for prayers by staff who volunteer their time. **Pupils who are fasting on these 3 days should bring their own prayer mats and a small hand towel to stand on when washing. Please do not forget it is their responsibility to remember these things and contribute to keeping the wash areas tidy and safe for others after use. Headscarves should be plain navy blue, black or white, not coloured, patterned or sparkly.**



Children are expected to participate in all curriculum activities including PE.

From experience, we know that fasting can affect children's mood, attention span, levels of energy and ability to learn. Should children feel unwell, headachy or over tired we would encourage them to break their fast if it is affecting their wellbeing or that of others.

Tower Hamlets advice given to schools is that most children in primary school have not usually reached puberty and are not expected to fast. Parents at Hague have suggested that children in Y5 & 6 could fast at the weekends or take part in the night of prayers and fasting on the last day. All good suggestions. The LA health professionals state that going without water for long periods is not recommended for children on long or hot summer days. Over time at Hague we have consulted many parents from years 5 and 6 about the practice of fasting for children at Hague, we hope you agree that the arrangements are in the best balanced interests of children and their education.

May I wish all, 'A Happy and Peaceful Ramadan'

Thank you for your support.

Kind regards,

Judy Knappett

Executive Headteacher SHH Federation

Year 5 and Year 6 Permission to Fast Ramadan 2021

Please note, only children who have parent/carer consent are allowed to fast.

I support the school arrangements for children fasting during Ramadan and will discuss the following with my son or daughter.

Year 5- Not on PE days Monday & Tuesday

Year 6-Not on PE days Thursday & Friday

1. If they feel unwell or wish to break their fast for any reason, they should tell an adult immediately and either be included for lunch or a light drink and snack after lunch.
2. If they are observed to be showing signs of dehydration, fatigue or significant change in behavior, they will be asked to break their fast for their health, safety and well-being.

Breaking a fast is the mature and sensible thing to do if it puts health and safety of self or others at risk.

3. When the dinner register is taken children should indicate whether fasting or not on the agreed days for each class.
4. Children can discuss the significance or importance of fasting but should not be telling others what they should or shouldn't do. Note: other children should not be made to feel left out or less of a Muslim because of their family decisions for them to fast or not.

At Hague we respect each other and support each other to do the best we can.

RAMADAN FAMILY PERMISSION FOR CHILDREN TO FAST

Parents please sign and return to your Childs class Teacher by Thursday 25th March 2021.

I give permission for my child (Name) _____ Year _____

to fast on the days that there is no PE.

Signed _____

Name and Relationship please print: _____

