



21st April 2021

Dear Parent / Carer,

Month of Ramadan

On behalf of the staff at Claycots School, I wish to convey my good wishes to you during the month of Ramadan for all those who are participating.

As a school, we wish to work collaboratively with our families who participate in fasting during this month, and have sought advice from Islamic organisations on how to do this.

We are aware that although fasting is only obligatory to adult Muslims, many parents encourage children to participate in at least some elements of the fast in order to embrace the spirit of Ramadan and join the family in rituals and practices during the month.

The Muslim Council of Britain, in its guidance to schools about Ramadan, acknowledges that at a younger age, it is difficult for children to fast without their physical stamina and concentration levels being affected, and recommends that children should only fast for part of the day, or avoid fasting altogether during school days.

It is important that pupils are able to stay well throughout the day and participate in all aspects of school, which will all require concentration and often physical strength such as PE lessons. We therefore respectfully request that you consider the guidance from the Muslim Council of Britain and either encourage your child to fast only on weekends or perhaps just fast for part of the day.

If you decide you do wish your child to fast for part or all of a school day then we will of course support you with this and ask that you let your child's class teacher know - **ideally through a written note** – so they can keep an eye on them throughout the day. If a child appears to be unwell as result of fasting we will call you and agree how best to proceed.

With very best wishes.

Yours faithfully,

Andrew Griffin
Executive Headteacher