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## To The Parents/Carers of children in Year 5 and Year 6

I understand that Ramadan is soon to begin and that this is an important time for most of our families. Some of our parents have asked if their children are able to fast in school in the time before Eid.

As fasting during Ramadan is aimed at adults, we ask that you support us in encouraging children to eat and drink during school hours. This helps them to feel well, access the curriculum, stay alert and take part in all general physical activities throughout the school day.

We also do not allow children to fast on days when they have sporting activities eg: PE/Games/School trips. However please remember that your child will be taking part in playtime and the general active life of the school every day and it is important for their own health and safety that they drink water if they feel faint or unwell.

However, if you have a child in Year 5 or Year 6 and you believe that your child should fast during Ramadan during school hours, **when they are not taking part in sport or on a trip**, you must sign the permission slip below and return it to school immediately.

If, after reading this, you still wish your child to fast you must sign and date the slip below to give permission and agreement to the terms therein and return to school. Without this your child will be given food and drink at the usual times.

Please note that if your child feels unwell or faint they will be offered water and/or food.

Yours sincerely,

Mrs. H. Atkinson-Smith

Headteacher

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### Fasting permission slip

I would like my child \_\_\_\_\_ Class: \_\_\_\_\_ to fast during Ramadan and understand that they cannot fast on the days when they have any PE, sports lessons or on a trip.

Signed: \_\_\_\_\_ Parent/Carer

Date: \_\_\_\_\_



