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February 2026

## 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, which includes some young people, 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 ask that children do not fast on days when they have sporting activities eg: PE/Games. 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, you must sign the permission slip below and return it to school.

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 or sports lessons.

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

