

# Cunningham Hill Junior School

Cell Barnes Lane St. Albans Herts AL1 5QJ

Headteacher: Ms J Elbourne-Cload BSc, PGCE, NPQH

Email:admin@cunninghamhill-jun.herts.sch.uk Tel:01727 8529



## RAMADAN AND CHILDREN FASTING

Dear Parents

Firstly we would like to wish you a happy Ramadan. Also we would like to make sure that we look after the health of our children fasting.

We have taken advice on children fasting in primary school and are following the guidance given, together with other local schools. We appreciate that many of you will be rising in the early hours and that the long days make fasting especially challenging. It is very important that your child still arrives at school on time, and is able to fully focus on their learning.

Please note that children **will not be able** to fast on days when they will be doing PE, SATs, or days when they are out on a school trip (please confirm with your child's teacher when these days are). It will be your child's responsibility to inform their class teacher each day they are fasting (this is particularly important for school dinner children, or else you will still be charged). Children fasting will also need to sit quietly with a book during break and lunch time so that they don't exert themselves. As the health of the children is our first priority, **we will insist that children have a drink if they appear unwell or feel faint.**

For those children who do fast we ask that they get plenty of rest, drink plenty of fluids and have meals that are balanced and nutritious when they do break their fast. As it is the hardest time of year with the days being so long, please talk to your children about their decision and perhaps encourage them to limit the number of school days that they fast. If your child decides they do wish to fast on school days please complete the slip below.

Yours sincerely

Ms Elbourne-Cload  
Headteacher

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### FASTING

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

- I have discussed fasting with my child and he/she would like to fast during Ramadan.
- My child will inform their class teacher each morning if they are fasting.
- I understand the school may ask my child to break their fast if they appear unwell.
- I understand that my child will be unable to fast on days of P.E or school trips.

My child **can / cannot** drink water whilst they are fasting. (please circle)

Parent/guardian name: \_\_\_\_\_ Signature \_\_\_\_\_