



Iveson Primary School
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Headteacher: Hayley Marshall

Dear Parents & Carers,

Ramadan and Fasting 2024

We have had a few of our older children today stating they are fasting and whilst we recognise that fasting is not compulsory before the age of puberty in Islam and that there is flexibility under Islamic Law to delay or exempt themselves from fasting and late night prayers if they believe their performance in tests could be affected (whilst there are no tests during this period the older children are studying for their SATs), we also understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood.

We would ask that parents consider whether a partial fast where the period of fasting is under the parents control and outside of school hours is an option.

If your child wishes to fast or partially fast, we will take the following measures to ensure that they can do so

- Only allow children to fast where the Parent/Carer has signed a letter of consent/whatsapp to approve fast/partial fast.
- Encourage the children to find a quiet place on the playground during the lunch period and avoid running around
- Provide alternative work for children to complete during P.E. lessons – please note if you wish your child to continue to do P.E you may wish to consider partial fasting
- Ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; we will try to contact the parent/s to gain consent however if we are unable to do so the child will not be allowed to miss lunch.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy.
- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, we will notify the parents and the school will encourage the child to break their fast by eating their emergency snack and having a drink of water

Please note we do not encourage children in Key Stage One to fast.

You only need to respond by Whatsapp if you DO give consent for your child to Fast/Partially Fast

Yours sincerely,

Hayley Marshall
Headteacher

