



Friday 11th May 2018

Dear Parents and Carers,

We have been informed that this year Ramadan will begin next Tuesday, 15th May. We are aware that this is a particularly special time for our Muslim families, and will do as much as we can to support that here at St Mary's.

At St Mary's, we give pupils in Year 5 and Year 6 the opportunity to fast if they wish to. However, as Ramadan is taking place in the summer term, when the period of fasting can be as long as 15 hours and the weather can be warm, as far as possible we would encourage pupils to fast at the weekend within the family environment.

If, having discussed this with your children, your Year 5 or Year 6 children wish to fast, please write to me care of the school office. We require parental consent for any fasting, due to the health implications this can have. **Under no circumstances will pupils younger than Year 5 be allowed to fast.**

In order to support the children's physical well-being during this time, all children who are fasting will need to be exempt from lunchtime play and the active parts of PE lessons. During lunchtimes, the children will be supervised in a room where they can practise quiet contemplation.

Where possible, we would encourage children not to fast on the days when they have PE, so that they can join in the full lesson. Equally, we would strongly recommend suspending fasting for school trips.

As Ramadan starts during SATs week, we would also really encourage Year 6 children to delay the start of the fast until Saturday 19th May if possible, so that they are able to think clearly and also enjoy all the activities during the week.

If you wish to discuss this with me further, please make an appointment to speak to me through the school office.

With all best wishes

Miss Emily Norman, Headteacher