



7<sup>th</sup> May 2019

Dear Parents/Carers,

## Fasting for Ramadan

Here at Oswald Road we aim to provide a safe environment for children who wish to fast during part or all of the holy month of Ramadan. We have worked with the Manchester Islamic Centre to produce a fasting policy, which recommends that if children (from the age of 9 upwards until the onset of puberty) wish to 'practise' fasting, they are permitted to partake in a half day fast (meaning they would fast **either** through breakfast **or** lunch). Please view the 'Policies & Documents' page on the school website to read the policy in full.

Taking into consideration the above advice, Oswald Road Primary School recommends that no child under the age of puberty fast during the school day. School does, however, support parents' decision to allow children from the age of 9 to partake in a half day fast if they wish to do so.

If your child will be fasting during Ramadan this year we will need to have written parental consent (see reply slip overleaf). **If we do not receive written parental consent, children will be encouraged to eat and drink as normal.** Please return your reply slip to the office as soon as possible.

The school will inform parents immediately if their child who is fasting becomes unwell. All children that fast will need to bring an emergency halal snack to school at the start of Ramadan. This should be something healthy in accordance with our Healthy Eating Policy. In the rare circumstances of a child becoming distressed or poorly when he or she is fasting, the school will provide the child with something to eat and drink. School will inform parents of this so that they are fully aware.

Manchester Islamic Centre have advised Oswald Road Primary School that any children who take daily medication, including inhalers for asthma, **MUST** ensure that they continue to take their medicine throughout the month of Ramadan. In addition to this, any child who is ill during Ramadan is forbidden from fasting – they may make up their fast at the end of their illness if they wish to do so.

**Year 6 SATS** – if your child is in Year 6, then they will be taking their end of primary school SATs next week (13<sup>th</sup> May- 16<sup>th</sup> May ). May we request that children are given the best opportunity to do well in their tests by having a good breakfast and lunch during SATS week. Having access to water during their exams would be most helpful too.



**Inspiration & Success**





Manchester Islamic Centre advise that Year 6 pupils may make up their fast at the end of SATs and school will be happy to support this.

If your child will not be fasting during the holy month of Ramadan, you do not need to fill in a reply slip.

Kind regards,

Sam Barrett  
Operational Inclusion Lead

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## Fasting for Ramadan

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

My child is aged 9 or above and will be fasting during Ramadan [ ]

My child will be fasting for a **half day**, and will fast through **breakfast** or **lunch** (please circle as appropriate).

In the event that my child becomes unwell, I give the school permission to give my child a drink of water and something to eat. [ ]

My child will be eating breakfast and lunch during SATS week and I will provide them with water to drink whilst sitting their exams [ ]

**\*\*Please return this reply slip to the school office as soon as possible\*\***

If your child will not be fasting during the holy month of Ramadan, you do not need to fill in a reply slip.

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



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