



29th February 2024

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 [click here](#) 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 parental consent via this online form: <https://forms.gle/fBAWuvKyFMSheokS7>

If we do not receive parental consent, children will be encouraged to eat and drink as normal.

Please complete the form no later than **Friday 8th March.**

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. 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.

If your child will not be fasting during the holy month of Ramadan, you do not need to complete the online form.

Kind regards,

Deborah Howard

Headteacher