



The Beeches Primary School

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Dear Parents/Carers,

Fasting during Ramadan

Many families in our school community will be involved in Ramadan, leading up to Eid.

We follow the advice from the Deputy Secretary General, Dr Omer El-Hamdoon, on behalf of the Muslim Council of Britain, which I share with you in case it is helpful.

"The Month of Ramadan is a great spiritual month for Muslims. It is an opportunity to achieve piety and to become more conscious of God, ourselves and others. Muslims throughout the world fast the days of this month. They fast from dawn to sunset. The fast is obligatory on those who have passed puberty. We understand that some children under puberty are encouraged to fast to get into the habit of fasting and also to share in the communal dimension that is apparent as the whole family fasts together and breaks fast together.

As Islam is also a pragmatic religion, it recognises that there are instances or circumstances in which people cannot fast. One such circumstance is when one is undertaking important examination or tests. If one feels that they are unable to concentrate well to carry out the test, then they have the religious dispensation to break the fast.

The decision to do this should remain that of the individual child directed and guided by the parent(s).

When one doesn't fast for this reason, they can make up their fast after Ramadan and they will be rewarded equally for doing so, as their intention was to fast, but they had a valid reason not to do so."

A copy of the detailed guidance on Ramadan for schools is available from our school office.

CHILDREN ARE NOT TO FAST IF THEY ARE SITTING SATS EXAMS.

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- Year 6 to fast no more than 1 day a week, I suggest Friday as they will be involved in P.E. activities the remainder of the week and that a day's fast is too much for all but the oldest of our children. Children should also refrain from fasting on a trip day. **If you would like your child to fast you must give written consent or speak to a member of staff.**
- Reception to Yr.5 need not fast.

The children who are fasting must go home during lunch break and should not return until 1.20 p.m. Please be mindful that it is the parents' responsibility for their child's safety during lunch times.

Those children who are entitled to a free meal will be provided with a packed meal to take home at the end of the day on which they fast. **Packed lunches must be requested 2 days in advance.**

Yours sincerely,

Mr T P Smith
Headteacher