



Marlborough Road Academy

The best in everyone™

Part of United Learning

R:WSL/21-22/Fasting

31st March 2022

Dear Parent/Carer

FASTING DURING RAMADAN

Firstly, I would like to wish all our families fasting during Ramadan the best of luck. As Ramadan starts during the spring break this year, there is an opportunity for fasting when children do not have to come to school. However, there will still be a couple of weeks before Eid, after we return to school.

We understand that this is an important time for our Muslim families but the combination of long days, higher temperatures puts extra pressure on young people, should they decide to fast. Observing Ramadan brings many benefits to an individual and to communities, but also has the potential to cause the individual temporary hardship, through hunger, dehydration and loss of concentration.

As observing Ramadan is not an obligation for young children under the age of puberty, we would strongly recommend that if the other pupils decide to fast, this be partial fast, which is observed at home under adult supervision of parents. This is of course a personal decision, but if your child is fasting during school hours, please complete and return the reply slip below so that we are aware.

If a child who is fasting displays signs of feeling unwell, parents will be contacted, so please make sure that telephone numbers are up to date. Pupils who are fasting will be expected to participate in all aspects of the curriculum as usual, including P.E and swimming.

Many Thanks

J Richens (Miss)
Principal

My Child will be fasting during the following days:

Child's name.....Class.....

I understand that should my child become ill, I will be contacted by school for advice.

Emergency contact number.....

Parent/carer signature.....

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