



Woodland Grange Primary School

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Headteacher: Mrs H Brown

23rd March 2023

Dear Parents/Carers,

We are now in the season of Ramadan and some of our older children have told us that they intend to fast. The advice we have been given by local faith leaders suggests that this is not a requirement for KS2 children; however, we do understand that some families may wish for their Year 5 and 6 children to fast. We do not facilitate children in years 3 or 4 (or KSI – reception, years 1 and 2) with fasting. Please bear in mind that pupils, no matter what you may suggest to them, will still be active at play and lunchtimes as well as, of course, taking part in PE lessons. As such, without food they may get somewhat energy depleted and struggle to concentrate. Also, as our days get warmer, it may be very difficult for pupils to engage in dry fasts, with a danger of some pupils becoming dehydrated.

Sometimes children do not tell their teachers that they are fasting and we want to ensure that we know exactly which children will be fasting and on which days, as some children only fast on one day each week. Please provide written confirmation if you wish your child to fast.

Can we also please kindly ask that if your child is fasting, you send in a small snack just in case they start to feel unwell and have a water bottle with them, just in case.

Please be aware, that our normal school curriculum will be operating for the rest of this term and next as usual.

On behalf of the staff, please accept our best wishes for this period of religious observance.

Please inform the school in writing if you wish your child to fast and on which days.

Yours sincerely,

Mrs Hayley Brown
Headteacher