



14 February 2025

Dear Parents and Carers

Ramadan Celebrations

RE: Request to fast

During the Holy Month of Ramadan, it is important that parents understand the school's responsibilities to those children who may wish to consider fasting.

For your information, the school has been advised that children under 10 years of age are not required to fast and, as primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. **'Request to Fast' Form** – Parents who wish to give permission for their child to fast during Ramadan whilst at School, will need to complete, sign and return the enclosed form to the school.
2. **Requests for Food** – As the School is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed form has been provided.
3. **Illness** – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed form has been provided and may call the child's parents or guardians, and the emergency services, if they believe that it is necessary.

I hope that the above is clear, but please do not hesitate to contact school if you have any questions.

Yours sincerely

Mrs K O'Reilly
Head Teacher



Request to Fast Form

I have read and understood the information provided by Gilbertstone Primary School in the letter dated 14 February 2025 and I would like to request that my child or children, whose details are given below, be permitted to fast whilst in the care of the School during Ramadan in February /March 2025.

<u>Name of Child</u>	<u>Class</u>	<u>Date of Birth:</u>

Parent or Guardian

Full Name:

Address:
.....

Signature:

Dated: