**SS John & Monica Catholic Primary School**



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Dear Parent or Guardian,

**Requests 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. I respect your decision to ask your children to do this, but in the interest of your child’s health and safety could you please let us know about this in advance.

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:

‘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

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

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 myself if you have any questions.

Yours sincerely

**Mr Ullah**

I ………………………………………… the parent of ………………………..in Year ……………….. ask that you allow my child to fast.

In case of any health issues or emergency, I will follow the school procedures as outlined in the letter above.

Signed ………………………………………………………….