

# SS John & Monica Catholic Primary School

Head Teacher:  
M.Elliott (B.Ed. Hons, NPQH)  
Chantry Road  
Moseley  
Birmingham B13 8DW  
Telephone: 0121 464 5868  
Email: [enquiry@stjonmon.bham.sch.uk](mailto:enquiry@stjonmon.bham.sch.uk)  
Website: [www.stjonmon.bham.sch.uk](http://www.stjonmon.bham.sch.uk)  
Twitter: @SSJohnMonicas



1<sup>st</sup> April 2022

Dear Parent/Carer

It has come to my attention that some of you have asked your children to fast.

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

Therefore, can you please provide a written request for your child to fast by completing the permission slip below (or an email/note to school containing the same information) so that all staff are aware of the children fasting. Should your child become ill or dehydrated during the day we need to know what you would like us to do should they feel faint or become ill as a result of fasting.

Part of our normal procedures in dealing with these sorts of symptoms is to give a child water.

Thank you for your co-operation.

Mr Ullah  
Deputy Head Teacher

---

Permission slip for fasting

I ..... the parent of .....

In Year ..... ask that you allow my child to fast.

Please delete as appropriate

In case of any health issues or emergency, I agree/disagree to school giving water.

I can be contacted on this phone number in an emergency .....

Signed .....