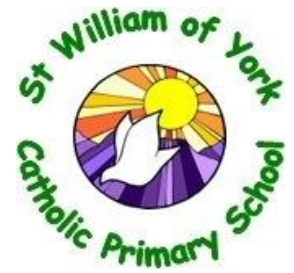


St William of York Catholic Primary School
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Headteacher: Miss R Adams



25th February 2025

Dear Parents/carers,

Ramadan 2025

It will soon be the start of Ramadan and we are aware that this is an extremely important time for our Muslim families. The holy month is due to commence on the evening of Friday 28th February. We understand that when children reach puberty they are expected to fast, this is usually around the age of 13-14 years old (children under the age of puberty are not expected to fast).

To ensure that our children continue to learn to the best of their ability, the school requires that every pupil participates in the whole school curriculum and therefore recommends that the children who are in primary school and in particular Year 4 or below do not fast on school days. However, we are aware that some families wish for their children to fast.

IMPLEMENTATION

- for Health and Safety reasons, all parents must inform the school in writing if they wish for their child to fast for part or all the month of Ramadan. We ask that parents complete a fasting permission slip on the back of this letter. (Hard copies can be obtained from the school office)
- If a child says that they are fasting, but the school has not received a permission slip from their parent, parents will be contacted.
- Please note that we do not have extra staff supervision for children who are fasting at lunchtimes. The children will go straight out on to the playground.
- For Health and Safety reasons, children who are fasting will be able to sit out of PE lessons or strenuous activities on request and they will be encouraged to make use of quiet areas on the playground at playtimes in order to conserve their energy. Children who are fasting will not be expected to exert themselves physically.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festivals of Eid.
- If your child is fasting, please ensure that they bring an emergency snack with them to school daily. This should be something healthy in accordance with our Healthy Eating Policy.
- In the rare circumstances of a child who is fasting becoming distressed or unwell when he or she is fasting, the school will contact parents.
- If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child will not be permitted to fast at school.



Yours sincerely,
Mrs Rabbett
Executive Headteacher

Ramadan Fasting Permission Slip

Child's Name: _____ Year Group: _____

I give permission for my child to fast during the period of Ramadan.

I have read the attached letter and understand how the school will implement provision for fasting.

I will provide my child with an emergency healthy snack as a reserve every day.

Signed: _____ Print Name: _____

Date: _____/_____/_____