



1st April 2021

Dear Parents, As-Salaam-u-Alaykum,

Alhumdulillah, the blessed month of Ramadhan is almost with us once again. It is a great blessing that we have the opportunity to fast. Allah says in the Qur'an:-

"O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-control." (Al-Baqara, 183).

This is also a time for us to earn countless rewards and a time to seek forgiveness for our past mistakes. We should take the opportunity to make dua during this month, read Qur'an, perform Salat-ul-Tarawih, show kindness to all of Allah's creatures and use this month to please Allah by following the example of the Prophet Muhammad (peace be upon him).

This Ramadhan, children will be engaging in different Ramadhan related activities and will partake in assemblies about the blessed month.

Health and safety is of paramount importance and with the long days and the hot weather we do not recommend that children keep a full fast. It is not a religious obligation upon primary children to fast unless in the rare instance of them having reached maturity. If you wish for your child to fast then we recommend that they keep a partial fast by taking breakfast as their Suhoor and lunch as their Iftar. If your child is going to be keeping a full fast then it is important that you complete and return the slip below to your child's class teacher. For health and safety reasons no child will be allowed to fast unless we have their parent's written consent (see guidelines overleaf, please keep them to refer to).

May Allah accept our Duas, fasts, prayers and charitable acts during the blessed month of Ramadhan, Ameen.

Ramadhan Mubarak from all the staff at Zaytouna Primary School.

Zaytouna Primary School
Promoting Health and well-being

Guidelines

Due to the length of time that fasting children will abstain from food and drink, we have developed these guidelines.

- All children must have written consent from parent(s)/carer(s) to fast during the school day.
- All parent(s)/carer(s) to ensure the school has an up-to-date emergency telephone number.
- Children should eat and drink plenty at both Sahoor and Iftar.
- Children should choose to break their fast if they feel unwell or are suffering from the effects of dehydration.
- Children should eat healthily during Ramadan and avoid sugary, highly salty and fried food where possible.
- Children should continue with and take part in PE as its part of the National Curriculum.
- Parent(s)/Carer(s) should ensure that their child(ren) have a sufficient amount of sleep.

Procedures

- It is advisable for children in Primary school not to fast during the school day except in the rare instance that they have reached the age of maturity.
- Any fasting children that appear very unwell or appear to be suffering the effects of dehydration will be sent home. They will also have the option to open their fast straightaway.
- Snacks should be provided by parents – on the basis of your child choosing to break their fast during the school day due to feeling unwell.

Miss Storer
Headteacher

Mr Khandia
Head of Islamic Studies

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Please return this reply slip to the office on **Monday 19th April 2021** – you can also send your permission to the class teacher on Class Dojo or you can provide your consent to office@zaytounaprimery.co.uk

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My Child -----Class-----will be fasting during Ramadhan.

Signed -----Relationship to child-----Date-----

