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Thursday, 7th March 2024

Ramadan 2024

Dear Parents and Carers,

The Muslim month of Ramadan will be starting soon and as a highly inclusive school, we have now greater numbers of older pupils that may wish to take part partially or fully in Ramadan. Historically we have relied on direct communication from parents/carers regarding those pupils who participate but now with such large numbers of pupils and families, we want to ensure that we fully understand arrangements for all children for the benefit of everyone. To ensure the welfare of all our pupils, we are requesting that **all** parents/carers read and understand the school expectations and arrangements as outlined below.

As a school, we aim to:

- Provide a safe environment for children who wish to fast during part or all of the month of Ramadan.
- Ensure the proper care of children is maintained and keep parents/carers informed if their child is unwell.
- Educate all pupils of the different faiths represented in the school population.

We understand and appreciate the dedication and commitment to this obligatory pillar of Islam and recognise that the holy month is an extremely important time for many of our children and families. However, with daylight hours now extending with the clocks, children who fast may feel tired, find it difficult to concentrate and be at risk of dehydration. To ensure that our children continue to learn to the best of their ability and to enable them to participate in all elements of the curriculum, we recommend that children of primary age do not fast on school days.

However, we understand that older children may wish to fast for part of the day to help them to practise or to build tolerance to the experience. Therefore, if you wish for your child in **Year Five** or **Year Six** to fast, we will support them to do so. To ensure that all necessary staff are aware of those children fasting and so that appropriate arrangements can be made, we ask that you complete the consent form [here](#). Children will **not** be able to fast without parental consent. Children younger than Year Five/Six should **not** fast during the school day.

Children who fast will be monitored during their lessons and parents/carers will be called if their child shows signs of being unwell. If we are unable to make contact, we know that parents/carers would want us to support their child's wellbeing by providing them with food and water.

Please note, we will encourage students to break their fast only if it is a risk to their health and wellbeing.

The school's policy is as follows:

1. The school will allow pupils in Years Five and Six (who are approaching puberty) to fast for the holy month of Ramadan.
2. Pupils in Nursery–Year Four will be expected to eat a healthy lunch. Allowances will be made if they wish to fast for part of the day (e.g., morning or afternoon) and use facilities provided by the school during the month (such as water fountains, fruit and milk).
3. Where a parent/carer has requested their child to fast, but the child themselves does not wish to, or wants to break their fast, then we will continue to listen to the voice of the child and what they wish to do. Whilst we respect parents/carers dietary choices for their child, if a child feels they need to eat and expresses this, the staff will recognise this and support them as needed.
4. All parents/carers must inform the school via the consent form [here](#) if they wish for their child to fast for part or all of the month of Ramadan. The consent form should state to what extent the pupil is fasting and any special requirements.
5. If a child says that they are fasting, but the school have not received consent from his/her parent/carer, this will be dealt with in a respectful way, but the child will not be allowed to skip lunch.
6. If a pupil routinely has medication (such as an inhaler), then this will continue to be administered if a pupil is fasting, in order to ensure pupils safety.
7. The school recognises that in Islam, fasting is not compulsory before the age of puberty.
8. Children who are fasting will not be expected to exert themselves physically. They will be allowed to take their break in a supervised space inside the building or sit on benches outside in the playground.
9. Pupils in Years Five and Six who are fasting should eat sufficiently on the days of their P.E. lessons to allow them to participate, or alternatively be excused from participating (with agreement on the parental consent form).
10. The school will recognise the holy month in assemblies held during Ramadan which will create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
11. Parents/carers must inform the school via the consent form if their child is fasting. The school will inform parents/carers immediately if their child who is fasting becomes unwell. Children who fast must conserve their energy and not join in strenuous games.

We would like to take this opportunity to wish Ramadan Mubarak to all our community from all the staff at Green Ridge.

Yours faithfully,



Mr. Aaron Wanford
Headteacher