

# MAYESPARK PRIMARY SCHOOL

Goodmayes Lane, Ilford, Essex IG3 9PX      Tel: 020 8599 2263  
Email: [Office@mayespark.redbridge.sch.uk](mailto:Office@mayespark.redbridge.sch.uk)  
Web: [www.mayesparkprimaryschool.org.uk](http://www.mayesparkprimaryschool.org.uk)  
Head teacher: Ms E Davies



21st March 2023

Dear Parents and Carers of Y5 and Y6 pupils,

I am aware that Ramadan begins on 23rd March. The daylight hours are long and can be particularly difficult if the weather is hot for the children. It is vital that you inform the school if you would like your children to fast during this time. In line with advice, we only allow Y5 and Y6 children to fast in school and written permission must be given by parents or carers. Alternatively, you may wish to take your child/ren home at lunchtime for period of rest; if you are choosing to do this please complete the slip below and return it to the class teacher. Please explain to younger children that they are not allowed to fast in school.

At lunchtime, Y5 and Y6 pupils who are fasting, may remain on site but no special provision can be made for them. If you are allowing your child to fast please remind them not to exert themselves too strongly especially in hot weather to avoid heat exhaustion and dehydration. If children appear to be dehydrated, we shall give them water.



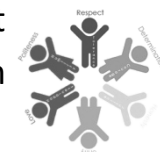
You must inform me in writing, if you want your child to fast whilst in school. Please complete the slip attached and return to the class teacher. This is for health and safety reasons and is particularly important should your child become ill during the school day. If I do not receive notification, I will expect your child to have a school lunch or their own packed lunch at school.

Pupils are expected to take part in all aspects of the school curriculum whilst fasting, including music and PE, although we will ensure that they do not over exert themselves.

I hope that this makes our procedures clear. Please do not hesitate to contact me if you have any further questions. I would like to wish all of our Muslim families peace and goodwill during the month of Ramadan.

Yours sincerely

Ms E Davies Headteacher



**Fasting during Ramadan 2023 Y5 and Y6**

I give permission for my child to fast during Ramadan (Y5/Y6 only). I accept that my child will be given water if the school feels they are becoming unwell.

Yes

No

I will be taking my child home for lunch during Ramadan.

Yes

No

Child's name..... Class.....

Parent's/Carer's signature.....