



Sir John Cass's Foundation Primary
School
Headteacher: Miss A Allan

Fasting in Ramadan

We are sensitive to the needs of our Muslim families during Ramadan, the holiest month in the Islamic Calendar.

We take guidance on this matter from Tower Hamlets, who issue the following advice to their schools:

Children who have not reached the age of puberty should only be encouraged to consider trying fasting on days when they are at home, rather than on days when they are at school. Many children are eager to fast during Ramadan to feel a part of the community around them. Pupils should be reminded that during Ramadan, Muslim people show their commitment to their faith in many ways - fasting is just one of these. Personal reflection, prayer, kindness to others, improved self-control, working hard to do your best are all part of the whole life commitment to Islam.

We note that there is no expectation for children to fast if they have not reached puberty. At Sir John Cass we take the view that this is typically from at least the age of 11.

During Ramadan, all children will be expected to take part in all school activities as normal.

If a child of at least aged 11 expresses a wish to fast they must follow the correct procedure:

1. Parents/Carers must meet with Miss Allan or Ms Khan to discuss the matter
2. Parents and carers must be made aware of this guidance and understand that all our normal welfare procedures and policies apply equally to all children at all times and any arrangement for their child is based on individual circumstances and family wishes.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'A Allan'.

A Allan
Headteacher

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