



VALENCE PRIMARY SCHOOL

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Barking and Dagenham Local Authority Guidance Muslim month of Ramadan

11th March 2024

Dear Parents/Carers

We recognise that this is a very special month for a number of our families and staff. We also understand that because of the very long days, it can be an exhausting time too.

The Local Authority advises that children who have not reached the age of puberty should be encouraged to consider trying fasting on days when they are at home, rather than on days when they are at school; or to go without food rather than without food and water.

Many children are eager to fast during Ramadan to feel a part of the community around them, so we ask that you encourage them to take part in activities which are less risky for young bodies – such as reflection and prayer. Primary schools should have very few children who are fasting, and the Local Authority would prefer that no children at Primary School fast every day when the days are so long and hot.

We ask families to be particularly aware of the risks of dehydration and to look for signs such as dizziness, light headedness, headaches, intense tiredness, dry mouths and very dark urine; all indications that a child's fluid balance is in trouble and they/their parents should consider breaking their fast to avoid becoming ill. If a fasting child appears unwell, we will contact the child's parents and ask that they be collected from school.

We encourage all children to reflect on their lives and those who are less well off than themselves. Children are reminded that 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 and working hard to do your best are all part of this commitment.

We offer indoor space for children who are fasting during lunchtime, or you may prefer that your children come home for lunch. Please inform the office if you give permission for your child to fast, as it is important that we recognise and cater for their needs at this time.

We would like to convey our sincere best wishes at this special time and thank you for working with us.

Kind regards

Mr R November
Headteacher