

Aspire | Commit | Succeed

3 May 2019

Dear Parent/Guardian,

Ramadan 2019

As many of you are aware, Ramadan is likely to commence in the near future. At Alperton Community School, we very much appreciate that Ramadan is an extremely important month for Muslims. We wish to work with parents to ensure that we support your child's learning experience, particularly as this year Ramadan falls during a term when the days are longest and many examinations take place.

The Muslim Council of Britain and the Association of School and College Leaders have worked together to produce guidance on how schools can accommodate fasting. The information is available on the MCB website under "Ramadan at Schools". Please see below for further information:

What is the significance of fasting?

Fasting during the month of Ramadan is the fourth 'pillar' of Islam, an act of worship of great spiritual, moral and social significance for Muslims. Fasting becomes obligatory for Muslims as they approach adolescence.

The spiritual and moral dimension of fasting is considered to be of far greater importance than the physical dimension. In general, Muslims are encouraged not to use Ramadan as an opportunity to avoid aspects of normal life but rather to cope with normal life under a different set of guidelines and conditions.

During Ramadan, individuals should focus on:

- ✓ Improving their character
- ✓ Respecting one another
- ✓ 'Cleansing' the whole self through reflection which can have a positive impact on individuals and wider social relations

Physical Education

The majority of pupils who are fasting are able to take part in most physical activities during Ramadan without putting themselves at risk or in danger. Fasting may make some children feel tired or drowsy, or even develop headaches due to dehydration. At Alperton Community School we will accommodate students' needs however they must still bring their **full** P.E kit.

Exams during Ramadan

The combination of preparing for exams and fasting may prove challenging for some pupils. Young Muslims and families, particularly those sitting exams this summer, will need to balance their obligations as Muslims with their studies and the importance of examinations for their future, noting that the pursuit of education is also a religious and moral duty for Muslims.



- Parents and carers need to ensure that their children are able to tolerate fasting during their exams.
- If a child feels unwell or anxious due to fasting, they should stop fasting, as the child's health takes precedence.
- Children with a medical condition, be it physical or mental, are exempt from fasting.
- We would encourage parents and carers of children taking exams to discuss with them the best ways of avoiding dehydration, eating nutritious food and getting appropriate rest periods.
- We would advise that students devise a revision/study programme that fits in with the Ramadan schedule.
- Students should be very wary about sleep deprivation if they are praying at night. Lack of sleep is known to have a significant impact on memory and processing information so students should carefully consider their sleep patterns.

Schools Obligation towards Safeguarding of children:

Under Department for Education guidelines if the school notices signs of dehydration or exhaustion the child will be we have an obligation to intervene and children will be asked to terminate their fast by drinking some water. This falls in line with Islamic rulings as they can make up the fast at a later date.

For further information about this guidance, please visit the Muslim Council of Britain website:
Be Careful with your Health this Ramadan:

<https://mcb.org.uk/general/be-careful-with-your-health-this-ramadan/>

Association of School and College Leaders information:

<https://www.ascl.org.uk/help-and-advice/information-papers/>

Yours sincerely,



Gerard McKenna
HEADTEACHER

