



OLD PALACE PRIMARY SCHOOL



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14th March 2022

Dear Parents/ Carers,

As Ramadan is due to start next week, I would like to take this opportunity to remind parents of the arrangements that the school puts into place during this period.

The **East London Mosque** has advised schools that children who have not reached puberty, do not need to fast. However the school understands that some children in Years 5 and 6, may wish to join in this important expression of their faith. In such cases, the guidance is that these children should only fast for a few days – perhaps on special days, at the weekend or for one day during the week. This will allow them to show their faith without harming their general health.

Parents of children in Years 5 and 6, who wish their child to fast during the week, need to complete the slip below and return it to the school by **Friday 17th March**. We ask that children do not fast on days when they have PE due to health and safety considerations.

Year 5 have PE on Monday & Wednesdays and Year 6 have PE on Friday.

If you wish your child to change to home dinners, we request that you send in written permission to the Office. The reason for this is that in the past some children have claimed to home dinners without their parents' permission, placing themselves in danger. The school will not allow any child to leave the building at lunchtime without first receiving written confirmation from a parent/ carer that the child is now home dinners.

May I take this opportunity to wish everyone Ramadan Kareem!

Yours faithfully

Mr G Palmer
Headteacher

Parent consent required - Year 5 Fasting - Please return by Friday 17th March

Reminder, children are advised not to fast on their PE days - Please tick the days you wish your child to fast

Name: _____

Class: _____

Monday PE	Tuesday <input type="checkbox"/>	Wednesday PE	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
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Parent signature: _____

Date: _____



Headteacher: Mr G. Palmer BA (Hons)
School Business Manager: Michele Walsham