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Ref: Ramadan-Fasting
Date: 17.03.2023

Dear RPPS Families

As you may be aware, we are approaching the holy month of Ramadan. Ramadan is expected to begin on March 22 or 23, depending on the moon sighting, and last for 30 days until April 21 or 22, when the festival of Eid al-Fitr begins. As a school we understand how important this time is from a religious perspective but also from a sense of belonging of being part of the wider, global community.

This week Miss Smith and I visited a local mosque and consulted a number of colleagues and families to gauge a greater understanding. Following guidance and research which we have undertaken, it is our understanding that children are only required to fast from around 10 years old. However, some children and families may choose to begin fasting at a younger age.

I am politely and respectfully asking parents to support their children to fast for **short periods of time during the school day**, on the **weekend** or **during the upcoming Easter holiday period**. An element of flexibility with this is essential for the following reasons;

- Your child may be showing an interest in learning how to fast safely for the first time. This may require a staged approach such as fasting between the main meals in the day or limiting fasting to a morning or afternoon.
- Our curriculum at Roath Park is very busy, including elements of physical activity, and requires children to have eaten food and drank water for energy and hydration. As always, drinking water will be available in classes for all children.
- Pupils use classrooms and the lunch hall to eat during lunchtimes. Outside of these spaces, we do not have the capacity within our staffing team to provide safe supervision for learners who are fasting in alternative areas or rooms.
- Children from families who have decided not to fast are not feeling left out or excluded.

We would like **every** child to come to school with their normal lunch provided. This provides an opportunity for flexibility should there be a need to break the fast. Our staff would guide pupils

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on this and we'd appreciate your support with it. We do not want any child to feel they have let themselves down if they do break the fast.

We are very lucky to have such a rich representation of cultures and religions within our school. We want to continue celebrating this diversity with the safety, health and well-being of all pupils at the forefront of our thinking.

Many thanks for your continued support,

L Fitzgerald

Mr. L Fitzgerald
Acting Headteacher

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