



30<sup>th</sup> March 2022

### **Ramadan and Fasting at St John Chrysostom Federation**

Dear Parent/Carer

The holy month of Ramadan is nearly here and our Muslim families observe the fasts. It is a significant, spiritual time for Muslims all over the world.

The first two weeks of Ramadan will be during the Easter holidays. This will be a good time for some children to start their fasting without having to worry about school. When children return after the Easter break two weeks will remain of Ramadan.

It is admirable some of our pupils want to take part in this wonderful aspect of worship. Please bear in mind that this year, the period of fasting is a very long time, especially for children. If staff notice a child struggling with their fasting they will have to break it, as their health is a priority. Please encourage and ensure pupils try and stick to a routine that does not hugely impact on sleep and study.

Thank you for your cooperation and support in this matter. If you have any queries or concerns, I am more than happy to meet and discuss them. Please contact the school office for an appointment.

After the Easter break please can you inform the school office if your child will be fasting.

Yours sincerely

Mr G Elswood  
Executive Headteacher