

Ref: TOB/Ramadan2018
17th May 2018

Dear Parents/Carers,

The holy month of Ramadan has started on the 17th May and is due to end around 14-15 June for our Muslim students.

This letter is written to support and advise both parents and students about the considerations needed in observing fasting during Ramadan and the issues this may present to health and the pressures on our students for best performance in these examinations.

As always, it will be a decision for families, parents and individual students whether they are of an age to fast, for how long they will fast and if they are legitimately exempt from fasting.

Could parents/carers please inform the school if your daughter/son will be fasting during Ramadan so that we as a school can support them.

If your daughter/son is feeling unwell at any time during Ramadan please ask them to let us know and we will contact you. Please advise the school of any relevant medical advice given to your daughter /son in relation to any medical condition she may have. Please inform the school of any relevant outcome or if any medicine is to be administered in a different way during Ramadan.

In our safeguarding duty, the school will apply judgement and common sense in "taking action to enable all children to have the best outcomes" as outlined in the Department for Education guidance, Keeping Children Safe in Education. We will inform you if your daughter is unwell whilst fasting during the examination period.

Students who do fast during Ramadan should ensure that they are well prepared, ready and understand the likely effects on their bodies during fasting and that they manage these challenges well, by:

1. Eating well, with a balanced meal (containing all food groups) when breaking the fast at the evening meal (iftar) and during the pre-dawn meal (suhur) and drinking plenty of re-hydrating fluids between iftar and suhur
2. Managing their sleep effectively
3. Getting plenty of rest between examinations
4. Avoiding over-exertion during the day, especially if the weather is particularly warm
5. Planning ahead, in terms of organising their equipment and time, to avoid rushing around, and in terms of organising their revision processes, to fit around prayers and other Ramadan specific practices, such as the Tarawih prayer or I'tikaf, if these are likely to be performed



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Staff are available to support students who experience any difficulties at this time. We know how hard students have been working and we hope that this is a happy and fulfilling time for all students who are observing Ramadan

If there are any further queries or you would like to discuss further any aspects of this letter and advice, please do not hesitate to contact the school.

Yours sincerely,

A handwritten signature in black ink that reads "T O'Brien".

Mr T O'Brien
Assistant Headteacher