



VALENCE PRIMARY SCHOOL

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Barking and Dagenham Local Authority Guidance Islamic month of Ramadan

28th February 2025

Dear Parents/Carers,

As we approach the holy month of Ramadan, we understand that many families in our school community will be observing this significant time with fasting and prayer. We appreciate and respect the spiritual commitments of our students and their families, and we are here to support them in a way that ensures their well-being.

The Local Authority advises that children who have not reached the age of puberty should be encouraged to consider fasting on days when they are at home, rather than on days when they are at school; or to go without food rather than without food and water. We ask families to be particularly aware of the risks of dehydration and to look for signs such as dizziness, light headedness, headaches, intense tiredness, dry mouths and very dark urine; all indications that a child's fluid balance is in trouble and they/their parents should consider breaking their fast to avoid becoming ill.

Many children are eager to fast during Ramadan to feel a part of the community around them, so we ask that you encourage them to take part in activities which are less risky for young bodies – such as reflection and prayer. Primary schools should have very few children who are fasting, and the Local Authority would prefer that no children at Primary School fast every day.

If you still wish for your child to fast, in line with health and safeguarding advice, we kindly ask that only children in **Year 5 and Year 6** do so, provided they have their **parents' permission**. If your child will be fasting, please inform the class teacher by dojo or in person so we can support them accordingly. For children who are fasting, we will make necessary accommodations to ensure they feel comfortable throughout the school day. **If a fasting child appears unwell, we will contact the child's parents and ask that they be collected from school.**

We thank you for your understanding and cooperation in prioritising the health and well-being of all our students. If you have any concerns or wish to discuss this further, please do not hesitate to contact us.

Wishing you and your family a blessed Ramadan.

Kind regards

Mr R November
Headteacher

P
Pride

R
Respect

A
Achievement

I
Independence

S
Success

E
Enjoyment