

# Colmers Farm Primary School

Leybrook Road  
Belton Grove  
Rubery  
Birmingham  
B45 9PB

Head Teacher: Mr Williams  
Deputy Head Teacher: Mrs Young  
Tel: 0121 716 0444  
Web: [www.colmersfarm.excelsiormat.org](http://www.colmersfarm.excelsiormat.org)  
Email: [enquiry@colmersfarm.excelsiormat.org](mailto:enquiry@colmersfarm.excelsiormat.org)



1<sup>st</sup> March 2024

Dear Parents / Carers,

## Ramadan 2024

During the holy month of Ramadan, we recognise that some of our pupils may wish to experience fasting occasionally or for the whole of this month.

As a school, it is important that we know who is fasting and when they are doing this. If your child is in Years 5 or 6, and they wish to fast, and you are happy for your child to do this, please can you complete the form attached and return it to your child's class teacher or the main school office.

Additional forms are available from the school's office if required. **Please note that we cannot cater for children who are fasting outside of Years 5 and 6.**

Due to the effects of fasting, we will support any fasting pupils by supervising them in a classroom during their dinnertime breaks, so that they can conserve their energy. They will also not take part fully in the school's PE lessons.

**We recommend that all pupils who are fasting, bring into school an emergency snack, in case they feel unwell and need to end their fast early.**

Please see our Ramadan Policy in the policy section of the school's website for more detailed information about how we will support our pupils during this time.

If you have any questions about our school's approach to Ramadan, please contact the school office on 0121 716 0444.

Thank you for your continued support.

**Mr Williams**  
Head Teacher



Artsmark  
Silver Award  
Awarded by Arts  
Council England



SCHOOL  
MEMBER

---

### **Requests to Fast**

During the Holy Month of Ramadan, it is important that parents understand the school's responsibilities to those children who may wish to consider fasting.

For your information, the School has been advised that children under 10 years of age are not required to fast and, as primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. 'Request to Fast' Form – Parents who wish to give permission for their child to fast during Ramadan whilst at school, will need to complete, sign and return this form to the school;
2. Requests for Food – As the school is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed Form has been provided;
3. Illness – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed form has been provided and may call the child's parents or guardians, and the emergency services, if they believe that it is necessary.

<b><u>Name of Child</u></b>	<b><u>Class</u></b>	<b><u>Date of Birth:</u></b>

I have read and understood the information provided by Colmers Farm Primary School in the letter dated 1<sup>st</sup> March and I would like to request that my child or children, whose details are given above, be permitted to fast whilst in the care of the School during Ramadan 2024.

**Parent / Carer Name:**

**Signature:**

**Date:**

---