

Dear Parent/Carer

As the holy month of Ramadan has started, we appreciate that some of our older children will be wanting to fast. It is extremely important that we have parent/carer consent for children who will be fasting.

While we understand children will want to fast, we would advise that children below Year 5 keep their fast during the weekend, not during the school week, as this will allow them to be well rested for their busy school days.

For Health and Safety reasons, if any child becomes unwell whilst fasting, we will offer them food and drink. Parents may be advised to take their child home if their child becomes unwell. On hot days, we will also be asking those children who are fasting to sit in the shade.

Can you please email the school office ([primary@sydneyrussellschool.com](mailto:primary@sydneyrussellschool.com)) if you wish for your child to fast or send in a note with your child giving them permission to fast.

Children will not be allowed to fast without parental consent

Many thanks for your continued support.

**SRS PRIMARY**