



Thursday 27th February 2025

Dear Grazebrook Families,

**Re: Children fasting during the month of Ramadan**

As we approach the month of Ramadan, we wanted to provide you with information about our school's approach to children fasting during school time. This approach has been shaped by advice from Hackney Education.

At Grazebrook, we support Year 5 and Year 6 children to fast should they wish to do so and aim to provide a supportive and safe environment in which they can fast. We understand that some children may fast one day and not another, some may fast for part of the day and some may fast every day.

If your child is in Year 5 or Year 6 and is fasting, please could you either let your child's class teacher know directly when you pick your child up. Alternatively, you can call or email the school office via [gboffice@newwavefederation.co.uk](mailto:gboffice@newwavefederation.co.uk). A member of staff will then call you to discuss arrangements including confirming contact details should your child feel unwell during the school day, drinking arrangements and your child's involvement in physical activity during the month of Ramadan. If your child informs us that they are fasting and we have not had this confirmed by a parent/carer, we will get in touch with you to ensure you are aware and agree.

If your child has a medical condition that would be complicated by fasting, e.g. diabetes, we ask that you please discuss with your child's GP/nurse if it is appropriate for them to fast in school.

In the meantime, if you have any questions, please do not hesitate to contact one of the school leadership team.

Best wishes,

A handwritten signature in black ink that reads "KBeecroft".

Katie Beecroft  
Headteacher