



Thornbury Primary  
Leadership Academy

4-4-22

Dear Parents/Carers,

As you will be aware, this year, Ramadan began on Saturday 2<sup>nd</sup> April. We are aware that many of the children will be attempting (and wanting) to complete some, if not all, of the fasts during the month of Ramadan.

Food and sleep are well known important factors in performing well academically. As a school we are therefore concerned that, should your child refrain from eating during daylight and go to bed late/wake up in the early hours, this could have a negative impact on your child's ability to complete the learning activities taking place during the school day. In turn, this could result in them not performing as they would normally do and failing to achieve their full potential.

We understand that the typical age for children to fast would start from age 10, we are therefore requesting that children who are in year 3, year 4 and year 5 do not fast.

We thank you for your co-operation and understanding in this matter. If you have any questions or concerns about anything raised in this letter, please do not hesitate in speaking to the class teacher.

Thankyou

Yours sincerely

Mrs Daddy

Principal

