

26 April 2021

Dear Parents and Carers

### Ramadan

The month of Ramadan has started and many of us are looking forward to joining the Community Iftar on Wednesday. For further details please see our [letter dated 19 April](#).

We recognise this is a special time for those families in our community observing Ramadan. The fasting this year is long and no doubt a challenge for some children, particularly in the warmer weather like we had last week. In light of this we share below some advice which we hope is helpful to families. At school we appreciate the importance of this month for Muslims and will work with parents/carers to ensure we support your child's experience.

### Ramadan and Year 11 and Year 13 Assessments

With many assessments taking place this month and next, it is important we help students to prepare as best as possible. We are conscious some fasting will make changes in blood sugar levels and may produce hypoglycemia (low blood sugar) as an inadequate supply of glucose to the brain can affect brain function e.g. concentration, memory, attention and other cognitive processes. It can sometimes have indirect effects on overall mood, anxiety and fatigue levels which can affect studying, revision and the examinations themselves. The school would not wish to dictate to students how they should address this situation. However, in order to assist our students, advice has been sought and the following options have been identified:

- Some students may decide not to take any particular steps and to continue with their fast as usual.
- Some students, in consultation with their religious advisor, may consider that their assessments are sufficient justification to permit them not to fast, either just on the days they're taking place or perhaps for the whole period that they last.
- The period of fasting can often be undertaken at a later time or some other arrangement could be considered.

For students who decide to continue with their fast as usual, the following practical guidance is offered:

- Prepare the night before by mentally rehearsing the day ahead and note areas which may present difficulties.
- Work out how to overcome those difficulties but try to imagine it as an ordinary day.
- Ensure you are well rested.
- Ensure you have 'suhur' that has slow-release energy food.
- If the assessment is in the late morning or afternoon, take a good rest at break and lunchtime.
- If you feel lethargic or irritated, refresh your 'wudu' (ritual ablution).

We hope this information is helpful through a very important stage in our students' lives. We look forward to joining the virtual Iftar on Wednesday.

Kind regards





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