



Tunmarsh Lane, Plaistow, London E13 9NE
 Headteacher: Caroline Stone
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Dear Parents and carers,
 February 2023

Ramadan 2023

It will soon be the holy month of Ramadan and we are aware that this is an extremely important time for our Muslim families. In 2023 Ramadan will run between 22nd March to 21st April.

We understand that when children reach puberty they are expected to fast, this is usually around the age of 12 – 14 years old (children under the age of puberty are not expected to fast). However, we are concerned that at this time of year daylight hours are very long and it is inevitable that children who fast may feel tired, find it difficult to concentrate and be at risk of dehydration.

To ensure that our children continue to learn to the best of their ability, the school requires that every pupil participate in the whole curriculum and therefore recommends that children in primary school do not fast on school days. We would suggest parents consider supporting their children, who have reached puberty, to fast at weekends and during the Spring holiday.

If you would like your child to fast then you must complete the slip below and agree to collecting them at lunch time at 12:30. They must return to school at 1:15.

For families fasting during the month of Ramadan, I would like to wish you all Ramadan Mubarak.

Best wishes
 Mrs Stone

To be returned to your child’s class teacher

I give _____ (child’s name) permission to fast and agree to collect my child at 12:30 and then return them to school at 1:15.

Signature _____ Date _____



Chief Executive Office: Dr. Tom Canning OBE
 New City Primary School is part of the Boleyn Trust, a charitable company limited by guarantee and registered in England and Wales with company number 10488603. The registered office is at Tollgate Primary School, Barclay Road, London E13 8SA.
 Tel: 020 7476 1848





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