



Tunmarsh Lane, Plaistow, London E13 9NE  
Headteacher: Caroline Stone  
t. 020 8472 2743  
e. [info@newcity.boleyntrust.org](mailto:info@newcity.boleyntrust.org)  
w. [www.newcity.boleyntrust.org](http://www.newcity.boleyntrust.org)

Dear Parents and carers,

March 2022

### Ramadan 2022

*It will soon be the holy month of Ramadan and we are aware that this is an extremely important time for our Muslim families. The holy month is due to commence from around Saturday 2<sup>nd</sup> April to Monday 2<sup>nd</sup> May.*

*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 Easter 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  
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Tel: 020 7476 1848

