Heathland Whitefriars Federation

Heathland School
Eastcote Lane, Harrow HA2 9AG
Phone: 020 8422 4503
Email: office@heathland.harrow.sch.uk
Website: www.heathlandschool.net
Headteacher: Miss F R Hopkins

Whitefriars School
Whitefriars Avenue, Harrow HA3 5RQ
Phone: 020 8427 2080
Email: office@whitefriars.harrow.sch.uk
Websites: www.whitefriarsschool.net
Headteacher: Mr P K Vekaria

Dear Parents and Carers,

We want to take a moment to acknowledge the holy month of Ramadan, which started last week. We extend our warmest wishes to all our pupils, staff and their families for a peaceful and blessed month ahead.

Whilst there is no expectation for young children to fast, we know that some of our older children will want to join their friends and family. This may involve fasting for part-days, selected days or at weekends. We would encourage you to use weekends to include children in fasting if this is something that is right for you and your family.

Occasionally, families may want their children to fast on school days. In such cases we will respect your wishes as parents, and we will support your child.

If your child is in Year 5 or Year 6, and you feel that your child is able to fast and they choose to do so, we will support them. We will not permit younger children to fast on school days.

We ask you to bear in mind the following:

- The school will support children who choose to take part with their parents 'permission, but we will not enforce the fast.
- If a child looks or starts to feel unwell then they will be offered food and if dehydrated, will be given water – this is part of our duty of care for your child.
- No child will be allowed to fast unless we have their parents' written consent
- If we have any concerns about your child's health or they become unwell, we will contact you during the school day. Please make sure you are available
- Please ask your children to respect the choices of other families about this and not to encourage other children to fast.

If your child wishes to fast at school, then please email the school office: office@heathland.harrow.sch.uk

Please note that, unless we receive your email permission for your child to fast at school, we will assume that they are not taking part.

Kind regards

Miss F R Hopkins
Headteacher

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