



## CAMDEN SCHOOL FOR GIRLS

Frances Mary Buss Foundation

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Dear Parents/Carers

The month of Ramadan will begin around 5th May and as a school we are respectful of individual pupils and families following their faith and culture. We are equally mindful of ensuring and recognising the wellbeing of all our pupils, as we know parents would want us to be.

This year, as in 2018, the month of fasting falls during school term time and coincides with GCSE and A level exams. This will put extra pressure on pupils who are fasting, especially with the length of the day at this time of year. I am therefore writing, as I did last year, with advice for parents and students. The Association of Schools and College Leaders together with Imams and Islamic scholars have produced information and advice on Ramadan and exams: '*Ramadan and exams*'. This information advises Muslim pupils and families who are observing Ramadan that they need to take into consideration the impact of fasting and sleep deprivation on their studies and exams. For example, pupils who have important exams during Ramadan and believe that they will not be able to cope with fasting while sitting exams may opt not to fast on those days and make it up later. It also advises them to have enough sleep to avoid tiredness.

You may also wish to look at the NHS advice [\*nhshealthyRamadan\*](#) about the health impact of fasting particularly for younger children fasting during the long summer days in May and early June.

As a school we are respectful of differing views of how people wish to live their lives. We would be very grateful if you could remind your child that decisions on whether or not to fast are between you and your child only. No child should pass comment on decisions made by another child or family decision on this matter.

Please do not hesitate to contact me if you require any additional information or have any further queries.

Yours sincerely  
Elizabeth Kitcatt  
Headteacher