



# St. Peter's Catholic Academy



Waterloo Road, Cobridge Stoke-on-Trent, Staffs, ST6 3HL  
Tel: 01782 235040 Email: [stpeter@stpetersnewman.co.uk](mailto:stpeter@stpetersnewman.co.uk)  
[www.stpetersnewman.co.uk](http://www.stpetersnewman.co.uk)  
Principal: Mrs R. Snee

Dear Parent/ Carer

## Fasting during Ramadan

In the past there have been a number of children who have expressed a wish to fast during the period of Ramadan.

**Children in Years 5 to 6 will only be allowed to fast if the below consent slip has been returned to school.**

However, we are concerned that at this time of year daylight hours are very long and it is inevitable that anyone who fasts may feel tired, find it difficult to concentrate and be at risk of dehydration. So can parents please take this into account when making a decision to allow children to fast.

If your child is in Year 5 and 6 and you would like your child to fast please complete this form and return to school Monday 19<sup>th</sup> April.

**Please be aware that children in year 4 and below are NOT allowed to fast whilst in school.**

Yours sincerely  
Mrs Snee  
Principal

.....  
**Fasting during Ramadan**

Pupil Name ..... Class .....

I do give permission for my child to fast during Ramadan.

Signed ..... Parent/Guardian

