



The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

23rd March 2023

Dear Parents,

Re: Children Fasting for Ramadan

Your child has indicated to their teacher that they will be fasting or partially fasting during the holy month of Ramdan. We understand and appreciate the dedication and commitment to this obligatory pillar of Islam and recognise that the holy month is an extremely important time for many of our children and families.

To support our fasting students, we have put the following in place:

- A separate space for those fasting to use during break and lunchtimes if they would prefer not be around other students eating food;
- All teachers are aware of who is fasting to ensure they are understanding if a child is particularly tired or struggling to concentrate;
- The school nurses are aware of who is fasting so they can provide appropriate support if required;
- We have allocated a multi-faith prayer room for students to use during break and lunchtimes.

Our children have busy, active days and we want to keep them safe while they are at school. We have several recommendations for our children observing Ramdan:

- Children in primary school take part in a partial/ training fast only;
- All children drink water during the day if it is hot or they have PE;
- If your child becomes unwell as a result of fasting, we will offer them food and water. If they still do not want to break their fast and we believe they are not well enough to remain in school, we will ask you to come and collect them.

If you wish to discuss any of these recommendations with us further, please do not hesitate to book an appointment with me.

Ramadan Kareem!

Yours Sincerely
Ms. Pauline Gradden
Vice Principal

Patron: H.E.The British Ambassador

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