



25 April 2018

Dear Parents/Guardians

The summer examination season is fast approaching and a number of parents and students have contacted us regarding the subject of Ramadan. The approximate dates this year are between Tuesday 15 May 2018 and Thursday 14 June 2018, falling at the beginning of the examination season. We recognise that the combination of long summer days and written examinations could place additional pressure on students should they wish to observe Ramadan.

The Association of School Leaders have worked with Imams, Islamic scholars, experts and leaders and shared with schools a paper entitled 'Ramadan: Exams and Tests, 2018 Information for schools and colleges.' The document is on our website and provides information for parents and guardians on how to best prepare for exams around the Ramadan period. The guidance can be read by accessing the following link:

<https://www.ascl.org.uk/help-and-advice.ramadan-exams-and-tests-2018.html>

At Longdean School, we are committed to the welfare and safeguarding of our students at all times. The NHS says "Fasting during the month of Ramadan can be good for your health if it is done correctly... when the body is starved of food, it starts to burn fat so that it can make energy. This can lead to weight loss. However, if you fast for too long your body will eventually start breaking down muscle protein for energy, which is unhealthy." Muslim scholars agree that if there is danger to an individual's health, it is permitted for them to break their fast.

The School is committed to supporting our students in the best way we can and we do not endorse any particular interpretation of Islamic law or practice. Our advice as a School will be to read the document on our website, or via the link above. This will help to support you with any decisions you might make for your child during the key examination period this summer. If you require any further support, please do not hesitate to contact us.

Yours sincerely

Mr G Cunningham
Headteacher