



The John Frost School Parent Information

Ramadan at The John Frost School

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We are aware that our Muslim families will soon be observing the most holy and joyous month of the Muslim calendar, Ramadan. At The John Frost School, we are aware of how important this religious month is for our students and their families and wish to provide families with some information about how students will be supported at this time. The school has consulted with local Mosques, Gwent Ethnic Minority Services and the Muslim Council for Wales in producing this leaflet.

How do we support Ramadan at The John Frost School?

Students Feeling Unwell

We understand that students may be fasting during Ramadan and the impact that this could have on them during the school day. If a student feels faint or ill, they must tell their classroom teacher who will send them to Student Reception. We will then contact parents/carers and discuss the best course of action with you.

Assessments and Exams

We understand that sometimes, students may be participating in assessments or formal examinations during the time that they are fasting. Teachers endeavor to timetable these activities outside of Ramadan where possible. Where this is not possible, teachers encourage students to communicate with them so that additional support for the students can be provided where possible.



Ramadan

As the Islamic calendar is based around the lunar cycle, the Holy month of Ramadan rotates by approximately ten days each year. This year, Ramadan is expected to begin on Tuesday 13 April and end on Wednesday 12 May 2021, depending on the sighting of the moon.



PE and Games Lessons

Students are not expected to participate in physical activity during PE and games lessons when fasting unless they choose to.

Instead, we ask them to take a non-physical role in these sessions (score keeping, umpiring etc.). All students are required to change into their kit for this session.

The reason for this is because it means they are still engaged in learning alongside the rest of the class. This then ensures appropriate supervision and that they are still learning during these lessons.

Many students are still keen to take part in PE/games lessons when fasting; this is of course no problem at all and they are welcome to do so.

Food Technology Lessons

Students are not required to taste the food they create in these lessons.

We hope that when your child creates something during a food technology lesson in the month of Ramadan, it can be enjoyed by all the family when their fast is broken at sunset!

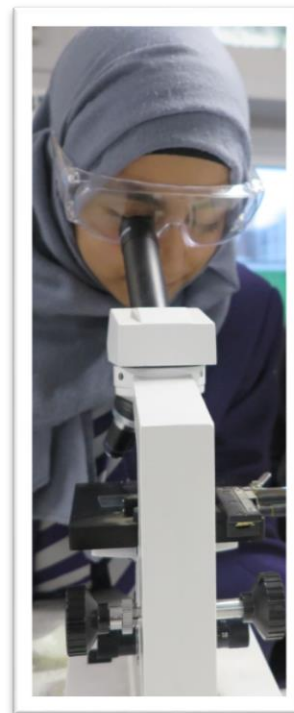
A Room for Prayer

Students can request a room for prayer to use at break time or lunch time through their Progress Coordinator and we will accommodate this wherever possible.

Other Information

Please note that there are many shady spots and lots of benches in the school that students can use during break time and lunchtime to rest. In many of these places other students will not be eating and drinking.

Please do keep the lines of communication open with the school at all times, but particularly during this important month.



We welcome the opinions and support of parents and are always willing to listen to ways in which we can support the students at all times, but particularly at times of religious significance.

Please contact the school by phone on 01633 654100 or email:

6804020_reception@hwbcymru.net

Eid-al-Fitr marks the end of the blessed month of Ramadan and is expected to be celebrated on the evening of **Wednesday 12 May**. However, the exact date is subject to the sighting of the moon of Shawwal.