

Ref: JGG

30th April 2019

Dear Parent/Carer,

Ramadan and Exams

Some of our students will shortly be following the religious observance of Ramadan, which this year falls at the same time as the GCSE and A Level examination season. Students who are fasting may experience a range of possible benefits such as feeling closer to God, learning to exercise self-control, and strengthening community and family ties. However, we recognise that fasting often also results in tiredness, low energy, dehydration, reduced focus, memory and concentration issues, which may impact adversely on students during their exams.

The Association of School and College Leaders (ASCL) has worked with imams, Islamic scholars and Muslim chaplains to produce advice on how best to support students who are taking exams during Ramadan. In line with this guidance, we are able to pass on the following information to parents and carers:

1. If your child will be fasting, it is helpful to inform their PLD so that we are aware.
2. Students who are fasting are welcome to spend break and lunchtime in the Design Centre or playground, instead of going to the Quisine. If your child is entitled to Free School Meals, they are welcome to pick up a meal at lunchtime to take home at the end of the day. Please send them with a lunchbox if they would like to do this.
3. Islam makes allowances for individuals to break their fast and make it up later if they feel that fasting will in any way jeopardise their performance. There is a wide range and diversity of opinions on how young people should observe Ramadan, and for Muslim students and parents this may well lead to difficult decisions as they balance their moral and religious obligations of pursuing education with fasting. Please discuss this with your child.
4. Please consider the potential impact of late family gatherings for evening meals on the nights prior to examinations. Be aware that Eid al-Fitr is likely to fall on 5th or 6th June, when most students have important examinations. It is important that they attend these exams before going out to celebrate.

Yours sincerely,



Mr J Gurung
Assistant Vice Principal

Chief Executive: Dr Caroline J S Badyal, EdD, MA BE.d, DipEd, NPQH | Head of School: Mr Mark Arnull BA Hons, MA, NPQH

Q3 Academy Great Barr | Wilderness Lane | Great Barr | Birmingham | B43 7SD | t: 0121 358 6186
e: enquiries@q3academy.org.uk | w: www.q3academy.org.uk

Q3 - Quaerere | 'Seek that which is good, that which is right, that which is true'

