

11 May 2018

Dear Parents and Carers,

Ramadan and Examinations

Wapping High prides itself on its diverse community which includes people from many different religious groups.

This letter is to inform our Muslim parents and carers that this year, part of the examination period overlaps with Ramadan. It is not possible for the School to change the dates of the examination period as these are fixed externally and in advance.

Students who are fasting may experience a change in their overall mood, becoming more fatigued which can affect studying as well as those students revising and taking their GCSE examinations. Those students who have a diagnosed medical condition, such as diabetes, are usually excused from the religious requirement to fast.

The School would not wish to dictate to students how they should address this situation. However, in order to assist our students, advice has been sought and the following options have been identified:

- Some students may decide not to take any particular steps and to continue with their fast as usual.
- Some students, in consultation with their religious advisors, may consider that their GCSE examinations are sufficient justification to permit them not to fast, either just on examination days or perhaps for the whole examination period. The period of fasting can often be undertaken at a later time or some other arrangement could be considered.

The National Health Service provides a guide on healthy living and Ramadan which may be found at <http://www.nhs.uk/livewell/healthylamadan/Pages/healthylamadanhome.aspx>

For students who decide to continue with their fasts as usual, the following practical guidance has been ascertained through research and discussion with Imams:

- Prepare the night before by mentally rehearsing the day ahead and note areas which may present difficulties
- Work out how to overcome those difficulties but try to imagine it as an ordinary day
- Ensure you are well rested - this may mean not attending 'tarawih' (night prayers in congregation)
- Ensure you have 'suhur' (a pre-dawn meal) that has slow-release energy food

If there is a GCSE examination in the afternoon, take a short rest of 45 minutes around midday

If you feel lethargic or irritated, refresh your 'wudu' (ritual ablution).

We would like to reiterate that Wapping High is not dictating what students should do. We hope this information is helpful through a very important time of religious observation.

We wish all of our students the best of luck in their upcoming examinations.

Yours faithfully,



Will Overill
Assistant Headteacher