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The Federation of George Betts and Shireland Hall Primary Academies

Friday 24th April 2020

Dear parents,

Some of our children will begin the month of fasting for Ramadan today. This is a special time for children and their families and it is always fantastic to see children showing such dedication to their faith. Part of the purpose of Ramadan is to bring people and communities together, however due to the current Coronavirus pandemic, it is not possible for us to celebrate in the same way.

At this time, it is more important than ever to keep ourselves healthy when fasting. While it is possible to fast during these times, we would like to offer the following advice for children over the next month:

- While the country is practising lockdown and social distancing, please remember that we advise **not** to visit family. While it can be difficult not seeing family, you can still contact them by phone, text message and video call, and you can always make a dua for them. Instead of seeing extended family during Ramadan this year, we can all focus on treating the loved ones we live with as well as we can.
- Social distancing measures include places of worship, so we have also been advised **not** to travel to masjids. We can pray and read at home, and there are several online Taraweeh feeds that we can follow.
- It is even more important to remain healthy this year, as it is more difficult to get a doctor's appointment or visit a hospital if you fall ill. Please ensure that healthy, nutritious food is eaten by your child during suhoor. Cereals, yogurt, dates, wholemeal bread, vegetables, fresh fruit are amongst some of the healthy/slow release carbohydrate foods that will keep them satisfied for longer. If you or your child begins to feel ill, **it is advised that you break your fast**. You can always make it up after Eid.
- With the shorter nights and late night prayers, many children might change their sleeping patterns in order to accommodate their fasting. Please be aware that **all children will be expected to continue with their home learning on Google Classroom. For younger children, while we do not expect them to be fasting, we still expect them to continue with their Home Learning Packs and accessing TTRockstars and Spelling Shed. Please ensure they continue their learning**. We understand that they might hand in their work at different times, however we might still call you to check how they are coping. This is nothing to worry about: it is simply part of our safeguarding procedures.

For more advice on remaining healthy during Ramadan, please click this link: [NHS Ramadan Health Guide](#).

We hope you have a happy and prosperous Ramadan. If you have any questions, please email the school via gbparents@gbshp.org.

Mr Hughes

Assistant Principal

