



## *Colston's Girls' School*

### **Ramadan Kareem 2020**

Ramadan Kareem to all our students and families celebrating this month.

In such unprecedented times and with the lockdown in place, we acknowledge that this year's fast is likely to be more of a challenge as students will not be able to see many of their loved ones and friends in person at such a special time. In addition, the challenge of fasting, whilst attempting distance learning may be more of a struggle for some and therefore we would like to reassure those who will be fasting that we do take this into consideration.

We want to ensure that we support all our students who choose to fast this year, whilst promoting their safety and emotional wellbeing at such a difficult time for so many.

We have put together a few tips to help support our students, whether fasting whilst learning from home, or coming into school.

- **Hydration:** Remember to keep yourselves well hydrated by drinking plenty of fluids outside the fasting hours to allow you to continue throughout the day.
- **Good sleep hygiene:** For those students participating in remote learning, there will no longer be the same structure to the day and there is more freedom to choose when to complete work. This may appear easier for those fasting however it will be important to remain disciplined with sleeping habits so that you can remain alert and at your best.
- **Rest breaks:** Don't forget to take a 'brain break' regularly throughout the day to pace yourself.
- **Isolation:** It goes without saying that for all of us right now the importance of staying connected is paramount, and no more so than during Ramadan, which is traditionally a time of togetherness. Don't forget to keep in touch with peers and loved ones to support and boost your wellbeing.
- **Physical activity:** While you are fasting we know that PE will be challenging. As we do every year in school we will adapt lessons for both students at home and attending school. If you are fasting at home and choosing to take part in the Joe Wicks sessions, you may decide to take part for a short time, or at a much lower intensity. Alternatively, if there are days when you are not fasting you could do it then instead. If you feel that Joe Wicks is too much then you could complete another exercise session that is a much lower intensity or spend the time researching PE topics such as the rules of sport or nutritional needs for athletes. Most importantly go at your own pace and within your own limits.

For further advice on taking part in Ramadan whilst in lockdown please see advice from The Muslim Council of Britain;

[https://mcb.org.uk/general/ramadan2020\\_guidance/](https://mcb.org.uk/general/ramadan2020_guidance/)