



THORNHILL PRIMARY SCHOOL

Clough Bank, Rotherham S61 1TD

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Our School Vision.

"Every child, every lesson, everyday."

"Where everyone matters and everyone achieves."

Welcome back. We hope everyone has had a lovely break. As places are beginning to reopen, can you still ensure you are wearing masks when you come onto the school site and follow the one way system to ensure we continue to protect our school community.

Beat the Street.

Children will be bringing home information about 'Beat the Street' which encourages families to walk, cycle, run and scoot over the next 6 weeks. There will be prizes that the children can win for completing challenges.

Ramadan and Fasting.

As we approach Ramadan, many of our pupils are enthusiastic about the idea of fasting. However, medical advice suggests that young children should not fast as it can have detrimental effects on their health:

'Children can be at particular risk for problems that arise from fasting because of their smaller size, surface area, increased metabolic needs, and inability to properly communicate or help themselves to food or water. A child requires more fluids and a source of energy to maintain a healthy body, especially for brain development. If someone is denied calories, even after a few hours, glucose - the brain's main source of energy - is depleted. This reduction in energy can result in a range of behaviour changes from short tempers to serious complications like weakness and fatigue. Children have been shown to have decreased cognitive function even with short fasts.'

Bearing this in mind, we expect children to eat a meal at lunchtime and drink water throughout the day so they are able to concentrate in their lessons. If your child would like to experiment with fasting, this could be something you could do at weekends.