

## HOW YOU CAN SUPPORT YOUR CHILD WITH THEIR EXAMS DURING THE ISLAMIC HOLY MONTH OF RAMADAN.

### What are the issues?

- This year some examination days overlap (at least partially) with Ramadan.
- It is not possible for the school or the Exam boards to change the dates of the examination periods these are fixed a long time in advance.
- Taking exams is vital for their future academic pursuit and career chances.
- Preston Manor School wants every student to achieve their maximum potential in their exam results and opportunities.
- It is important that students observing Ramadan consider the impact it may have upon their preparation for and sitting their exams. Students are advised to consider, if they are fasting during their exams, how best to look after themselves for both revision and exams.

### A large body of research provides evidence that students who eat a healthy breakfast have:

- Improved attendance and less tardiness;
- Better concentration
- Alertness and energy in school
- Better overall academic performance
- Better comprehension, learning and memory
- Higher math, reading and standardized test scores



## Information Advice Leaflet



**Supporting our  
Students with exams  
during the Islamic  
Holy Month of  
Ramadan**

**Preston Manor School**

Preston Manor School recognises religion and belief as a protected equality characteristic and offers support to all staff and students, including while exams take place. This pamphlet aims to support our students during this time.

### Fasting Physiology

- As a result from fasting, changes in blood sugar may produce hypoglycaemia (low blood sugar) as an inadequate supply of glucose to the brain can affect brain function including concentration, memory, attention and other cognitive processes.
- There may be potential indirect effects on overall mood, anxiety and fatigue levels which can affect studying, revision and the examinations themselves.
- This applies not only on the exam days but throughout the period of study as physical weakness or an inability to concentrate can affect essential preparation.
- Success in these exams is important for students obtaining their preferred place of study at University or College; as well as achieving economic well-being in the future.

### Some Tips

- Make sure that they prepare the night before by mentally rehearsing the day ahead and note areas which may present difficulties.
- Encourage them to work out how to overcome those difficulties but try to imagine it as an ordinary day.
- Ensure that they are well rested - this may mean not attending 'tarawih' (night prayers in congregation).
- Ensure that they have 'suhur' (a pre-dawn meal) that has slow-release energy food.
- All students may take water in to exams in a clear bottle without the wrapper.
- If they feel lethargic or irritated, they should refresh the ir 'wudu' (ritual ablution).

### Advice about the Summer Exams

- All exams are important, and every pupil has a personal exam timetable.
- Please discuss the issues with your child/parent and plan before the beginning of Ramadan.
- Students also need a space, or appropriate working environment to study.
- Students should be present at school at least 30 minutes before the start of the exam.
- Students should be in full school uniform and Sixth Formers must carry their identification card at all times.
- If the student is not fasting please bring along a bottle of still water especially if the weather is hot.
- If your child has a medical condition that may influence his exam, please inform our Examinations Officer: **Ms S Nasrabadi - Tel 0208 385 4040**

**It is important that students observing Ramadan consider the impact it may have upon their preparation for and sitting their exams. Students are advised to consider, if they are fasting during their exams, how best to look after themselves for both revision and exams.**

**The below points may be useful for this:**

- Planning schedules and meals and ensuring you are able to access food at sundown for breaking the fast;
- Getting the required nutrients, hydration and rest;
- Concentrating upon foods rich in complex carbohydrates and protein, fruit and vegetables, and plenty of water at the morning meal;
- Staying indoors or in the shade and limit physical activity, resting if possible, if it is hot;
- Eat a healthy, balanced evening meal and plenty of water

The NHS provides information on remaining healthy during Ramadan:  
<http://www.nhs.uk/Livewell/Healthylamadan/Pages/fastingandhealth.aspx>