



Städt. kath. Grundschule, Dahlweg 66, 48153 Münster, Tel. 0251/ 776732, Rektorin: J. Lüttikhuis, [www.hermannschule-muenster.de](http://www.hermannschule-muenster.de), E-Mail: [Hermannschule@stadt-muenster.de](mailto:Hermannschule@stadt-muenster.de)

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 **Food and drink intake even in the month of fasting**  
**Ramadan** 

Dear parents and guardians of Hermann School,

we need your urgent support.

Some children in our school told us, "It's Ramadan. I don't want to drink and I don't want to eat."

At this point, we urge you to talk to your child about having drinks as well as food during school hours for optimal learning performance.

Past findings clearly show that children who do not eat or drink are less able to concentrate, have less energy and are not able to participate in the active learning process!

Therefore, it is important that you talk to your child about having food and drinks during Ramadan.

Thank you very much for your cooperation.

With kind regards

Judith Lüttikhuis  
- Principal -