



*From little acorns to mighty oaks*

## ***Policy on Fasting During the Month of Ramadan***

This policy was devised in consultation with a range of members of the school community including representatives from the Muslim religion. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood.

### ***Aims and Objectives***

- To provide a safe environment for children who wish to fast during part or all of the month of Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

### ***Implementation (Only children in Yr. 5 & 6 to fast)***

- All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. We ask that parents complete a 'Fasting permission slip' and support us by choosing lunch options well in advance. This is to enable the kitchen to order appropriate supplies and school to arrange safe levels of supervision for children who are fasting.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however the child will not be allowed to miss lunch.
- Children who are fasting will be expected to take part in the normal daily routine, including P.E.
- For Health and Safety reasons, pupils who are fasting can take part in P.E lessons at a lower level of impact.
- Children who are fasting will be encouraged to conserve energy at play and lunch times. They will be encouraged to make use of quiet areas on the playground and shaded areas, or attend indoor clubs/library.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr. However if COVID safe measures are still in force either national or locally, these assemblies will be done in class rather than gathering large numbers of children together.
- Children are not allowed to fast on trip days.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy.
- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will encourage the child to break their fast by eating their emergency snack and having a drink of water. We will contact parents if this is the case.
- If a child has a medical condition that would be complicated by fasting, e.g diabetes, the child will not be permitted to fast at school.
- All Children must attend school at normal hours and maintain good levels of attendance during Ramadan.

### ***Health and Safety***

- Parents **MUST** inform the school via permission slips if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy as far as possible.

### ***Inclusion***

- There is mutual co-operation between the parents of children who are fasting and the school.
- All children in the school are encouraged to feel positive about their family, their culture and their faith.

**Date:** April 2022 3 year cycle

**Chair of Governors:** - Roland Roberts

Next review- April 2025 or sooner should changers occur