From little acorns to mighty oaks

Policy on Fasting During the Month of Ramadan

This policy was devised in consultation with a range of Muslim members of the school and local community. 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 themselves 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 to keep parents informed if their child is unwell.
- To further develop understanding of the main faith represented in our school community.

Implementation- Only children in Yr. 5 & 6 will be allowed to fast in school

- 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.
- The child will then tell their teacher on the day what their lunch time arrangements are.
- 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 unless we gain parental permission. We will try to contact parents before lunch time to clarify the situation, but we would like to avoid that situation as it places additional unnecessary workload on staff.
- 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 and a party will be held during the school year to create an understanding and celebration of the Muslim faith and the festival of Eid-ul-Fitr.
- 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 snack or having a drink of water. We will always contact parents beforehand 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. This is so we know clearly what parental wishes are and can arrange appropriate levels of supervisions for children who are eating and those who are 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 at playtimes, lunch times and PE lessons.

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.
- Parents of pupils with additional needs should carefully consider the appropriateness of fasting for their child.

Date: January 2025 3 year cycle

Next review- January 2028- or sooner should changers occur