

# 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 and also with guidance from 'The Muslim Council of Britain' 2006 document. 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 of the policy:**

- To enable pupils to fast responsibly in accordance with religious practices.
- To ensure the physical well-being of pupils and fulfil the school's responsibilities in this regard.
- To further develop understanding of the different faiths represented in the school population

We do not encourage children in KS1 or lower KS2 to fast and therefore will only allow pupils in Years 5 & 6 to fast. All children must follow the implementation procedures below if they wish to fast. The Muslim Council of Britain states that:

*"The younger the age, the more progressively difficult it becomes for children to fast without their physical stamina and concentration levels being effected."* (section 5.1)

## **Implementation**

- 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 'weekly fasting permission slip'; these slips are available from the office.
- 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 eating lunch.
- In order to remain hydrated and participate fully in the curriculum all children will be required to drink water throughout the day.
- All children who are fasting will be provided with a quiet area at lunchtimes in order to conserve their energy.
- 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.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance with our Healthy Eating Policy.
- 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.
- If a child has a medical condition that would be complicated by fasting or takes regular medication, the child will not be permitted to fast at school. (E.g. ADHD medication, diabetes, asthma and eczema etc.)
- For Health and Safety reasons, pupils who are fasting will take part in PE lessons at a lower level of impact or may be asked to do some health related learning as an alternative.

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- All children must attend school at normal hours.

**If a child needs to be sent home this will be regarded as an absence.**

## **Health and Safety**

- Parents MUST inform the school, in writing, if their child is fasting. Parents must also inform the school of any changes to this request.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.
- For all educational visits, sporting events, statutory testing or other activities that may affect stamina or concentration levels, children will be required to break their fast (e.g. eat a packed lunch on the trip)

## **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.

**Policy date: May 2017**