



# Ramadan Fasting Policy

Signed by:

\_\_\_\_\_ Headteacher                      Date: \_\_\_\_\_

\_\_\_\_\_ Chair of governors                      Date: \_\_\_\_\_

This policy was written and adopted: March 2024

The policy to be reviewed: March 2026

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. We do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

### **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.

### Ramadan – An overview

- Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30-day period of fasting, self-control, charity-giving and goodwill to others.
- Those who fast during Ramadan are not allowed any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self, through prayer and reflection.

### **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 'fasting permission slip'; these slips are available from the office or can be emailed on request (see appendix 1).
- 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 and parents will be contacted to check this information. If parents are not contactable, then the child will not miss lunch and this will be offered to them as school has a duty of care to their pupils.
- Children who are fasting should not be expected to exert themselves physically.

- For Health and Safety reasons, pupils who are fasting are not expected to exert themselves during physical education lessons.
- Children who are fasting will be discouraged from participating in rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground or the school library in order to conserve their energy.
- All children that fast may 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 initially call parents to inform them and seek advice. If the parents cannot be contacted, then the school will encourage the child to break their fast by eating their emergency snack and having a drink of water.
- 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.

### **Health and Safety:**

- Parents MUST inform the school via a permission slip 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 and not join in strenuous games.

### **Inclusion:**

- There is mutual co-operation between the parents of children who are fasting and the school.
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## **APPENDIX 1**

### **Ramadan Fasting Permission Slip**

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

I give permission for my child to fast during the period of Ramadan.

I have read the King George V Primary School Fasting Policy and understand how the school will implement this.

Signed: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_