

Hatfeild Primary School

Ramadan fasting policy



Approved by: Anita Saville

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Ramadan Fasting Policy

At Hatfeild Primary School we celebrate our school's diversity. Our school has children and families from a range of ethnic and religious backgrounds. This policy is designed to support our Muslim families who are considering or would like their children to take part in fasting during Ramadan. 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. However, we do not encourage children in KS1 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.

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 email the school office stating the name of the child taking part in fasting.
- If a child says that they are fasting, but the school has not received a permission slip/email permission from their parent, school will make every effort to contact a parent. Children will be dealt with in a respectful manner; however a child will not be allowed to miss lunch if we have not had a 'fasting permission slip'/permission email.
- Children who are fasting should not be expected to exert themselves physically.
- For Health and Safety reasons, pupils who are fasting do not do active physical

education lessons at the time they are fasting. At this time they will do some health related learning.

- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground 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 snack at break time guidance.
- In terms of what period of fasting is done, as Key Stage 2 pupils are not yet adults, some families have suggested that a shorter fast would also be appropriate for their children of this age, so that they can experience fasting for a shorter period. This would mean fasting in the morning (not having snack or fruit in the morning) and then ending the fast and eating lunch. This is referred to as “half day fast”.
- 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. School will immediately inform parents if a child fasting becomes unwell.
- 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 written email/ 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.
- All children in the school are encouraged to feel positive about their family, their culture and their faith.
- We celebrate diversity and inclusion at Hatfeild and we want to support children in their faith.