





Fasting Policy

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Abstract: This policy sets out how the school will support children who wish to fast for Ramadan.

Approved by:	Mrs M Young Chair of Governors	
Approved by:	Mrs J Watson Headteacher	
Last reviewed on:	16/01/2024	
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Key dates

The dates of Ramadan change each year, and so does the date of Eid-al-Fitr, the celebration at its end.

Aims

- To support pupils who wish to fast and those who chose not to fast.
- To create a welcoming environment where pupils can exercise religious freedom and make choices without judgement.
- To ensure the health of children is maintained and parents are informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

Implementation

- We ask parents to let us know if their child is fasting so that we are able to support them.
- Fasting may make some pupils feel tired and children who are fasting should not be expected to exert themselves physically. This may mean sitting out of PE lessons or Fit in 5. These decisions should be made by consulting the children - staff should not assume they know how the child is feeling.
- Where possible the school should make allowances without singling out fasting pupils. For example, changing the date of sports days and school trips.
- Pupils may feel uncomfortable about being near food when they're fasting. Children who are fasting are not expected to sit in the hall during lunch - the midday supervisor team will arrange for the children to go outside or to a quiet indoor space whilst the other children are eating.
- Fasting pupils who qualify for free school meals are still entitled to this support. Parents can request a lunchbox that pupils can collect from the school office to take home.

Health and Safety

- The school will inform parents immediately if their child who is fasting becomes unwell.
- In the rare case of an emergency or if a pupil falls ill, we will encourage them to drink water or have a snack if it's advisable for health reasons. Doing this is part of our safeguarding duty, and the pupil would never be forced to accept the advice. All advice of this kind would be shared with parents.
- We encourage parents to talk to their children about when they believe it's acceptable to break a fast, as most scholars of Islam advise that this is allowed if someone is ill.
- If a child has a medical condition that would be complicated by fasting, e.g diabetes, the child's family must receive approval from their GP before the child may fast at school.

Inclusion

- We encourage children and families who are fasting to talk about what they're doing, how they're feeling and what we as a school can do to support them.
- We advocate mutual co-operation between the parents of children who are fasting and the school. If there are ways that we can support children who are fasting that we are unaware of, please do speak to us.
- All children in the school are encouraged to feel positive about their family, their culture and their faith.
- RE sessions and assemblies will be used to help children develop an understanding of different faiths, who use fasting as part of their religious worship.
- Fasting during Ramadan should be discussed in a staff meeting, to make sure staff know how to support children who are fasting.
- The school will not accept any discrimination or poor treatment of pupils who are fasting or who choose not to fast.