



Edith Cavell Primary School

Fasting Policy

Signed: _____ Chair of Governors

Signed: *H. L. Cooke* _____ Headteacher

Date: March 2023

Review date: March 2026

Edith Cavell Primary School

Fasting Policy

Edith Cavell Primary School celebrates and respects all members of its school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practising Muslim homes are enthusiastic and get a great sense of achievement in joining their families in taking part in the spirit of Ramadan and often begin at a younger age. It is recommended in guidance issued by the Muslim Council of Britain (www.mcb.org.uk) for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults.

At Edith Cavell Primary School, we only allow children in Year 6 to fast as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance and wellbeing. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents to supervise their health and well-being very closely.

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.

Aims and Objectives

- To provide a safe environment for children who wish to fast during 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 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. Parents must also inform the school immediately if there is any change to this request.
- The child should fast every day as it is very difficult to keep track of which days a child is fasting and mistakes can be made which may cause upset.
- If a child says that they are fasting, but the school has not received a request in writing from their parent, they will be dealt with in a respectful manner; however, the child will not be allowed to miss lunch.
- Children who are fasting should not be expected to exert themselves physically so 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, shaded areas on the playground in order to conserve their energy.

- Children who are fasting will take part in PE lessons, which may be adapted to reduce strenuous activity, and staff will be aware that they are fasting and that they have an emergency snack with them in case of feeling unwell.
- Children who are fasting will not be expected to go into the dining hall with other pupils who will be eating lunch. They will remain in the playground, or entrance area, supervised by a member of staff.
- As is the tradition of the school, RE lessons and assemblies are held during the school year to create an understanding of faiths and festivals.
- All children who are fasting will need to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need.
- If the school notices signs of dehydration or exhaustion then the child should be asked if they are fasting and advised to terminate the fast immediately by drinking some water.
- 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.
- 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, 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.

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.

This policy will be reviewed every three years by the governing body and will take into account the changing Islamic calendar and any guidance issued by imams, Islamic scholars, experts, Muslim chaplains in the education sector.



Ramadan Fasting Permission Slip

Child's Name: _____

Class: _____

- ✓ My child is in Year 6.
- ✓ I give permission for my child to fast during the period of Ramadan.
- ✓ My child has agreed that they wish to observe a fast while at school.
- ✓ My child has read and understood the Edith Cavell Primary School Fasting Policy.
- ✓ I have read the **Edith Cavell Primary School Fasting Policy**, have discussed with my child how the school will implement this.

Signed: _____

Print Name: _____

Date: _____