



# Blean Primary School

## Ramadan Fasting Policy

### 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 email [office@blean.kent.sch.uk](mailto:office@blean.kent.sch.uk) to inform us of the dates their child will be fasting.
- If a child says that they are fasting, but the school has not received written confirmation from the parent, the school will contact the parent to confirm before any school meal is provided for that child.
- Children who are fasting should not be expected to exert themselves physically.
- For Health and Safety reasons, pupils who are fasting will not be expected to take part in active physical education lessons at the time they are fasting. If a child, with parental consent, wishes to take part, a dynamic risk assessment will be made at the time of the lesson considering the needs of the child.
- Children who are fasting will be encouraged to be careful when participating in rigorous activities such as running at lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy. Any child who is fasting will be provided with an alternative space to the dining hall, away from food.
- Provisions will be made and changes to a child's timetable will be planned if activities involve over-exertion.
- As with many religions in 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.
- There will be a dedicated prayer space in school available for any child wishing to pray during the school day.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance to 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 having a drink of water and/or eating their emergency snack. The child can refuse this and the parents will be contacted immediately.
- If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child may not be permitted to fast at school and an individual risk assessment will need to be completed.

## **Health and Safety**

- Parents MUST inform the school via email to [office@blean.kent.sch.uk](mailto:office@blean.kent.sch.uk) 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 activities.
- 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.

## **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.

**Date policy was written and adopted:** February 2023

**Policy review date:** February 2024

**Policy written by:** Kara Satterley, Deputy Headteacher