



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 are required to 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 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 will be supported to manage their energy levels and will not be expected to over-exert themselves physically.

For Health and Safety reasons, pupils who are fasting will not be expected to take part in high-intensity physical education lessons while fasting. Appropriate alternative activities or rest opportunities will be provided. If a child or the parent 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 around 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.

Where reasonably possible, a quiet space will be made available for children who may wish to pray during the school day.

All children who are fasting are required to bring an emergency snack to school each day. This snack is for use only if the child becomes unwell, distressed, or unable to continue fasting safely during the school day. The snack should be healthy and in line with the school's Healthy Eating Policy.

If a child becomes unwell while fasting, staff will encourage the child to have a drink of water and/or eat their emergency snack. This is in line with safeguarding guidance and with Islamic teachings, which place a child's health and wellbeing above fasting.

If a child refuses to break their fast and staff have concerns about their wellbeing, parents will be contacted immediately and appropriate action will be taken to ensure the child's safety.

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 are required inform the school via email to 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 are fasting will be encouraged to conserve their energy and to choose calm, low-energy activities during break and lunchtime.

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 and its principles will apply to any Blean Primary School staff or volunteers. Staff and volunteers will need to inform the Headteacher prior to Ramadan.

Date: February 2026

Review: February 2027

Policy written by: Kara Satterley, Deputy Headteacher