

## REDLANDS PRIMARY SCHOOL

### RAMADAN FASTING POLICY



This policy was devised in consultation with a range of members of the school community including representatives from the Muslim religion. 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. We recommend that only children in Year 5 and Year 6 should 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 develop further the 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 bring in a 'weekly or daily fasting permission slip' completed and handed in before the week/day of fasting. These slips are available from the office.
- If the child says s/he is fasting, but the school has not received a permission slip from the parent, the situation will be managed in a respectful manner; however the child will not be permitted to miss lunch.
- Children will be encouraged to make use of quiet areas at break and lunchtimes in order to conserve their energy.
- All children who fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance with our Healthy Eating Policy.
- In the 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 or is unwell that would be complicated by fasting, eg diabetes, the child will not be permitted to fast at school.

#### Health and Safety

- Parents MUST inform the school via weekly/daily slips if their child is fasting.
- The school will inform parents immediately if their child is fasting and becomes unwell.
- Children who fast will be encouraged to conserve their energy.

#### 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 for review: Autumn 2020**