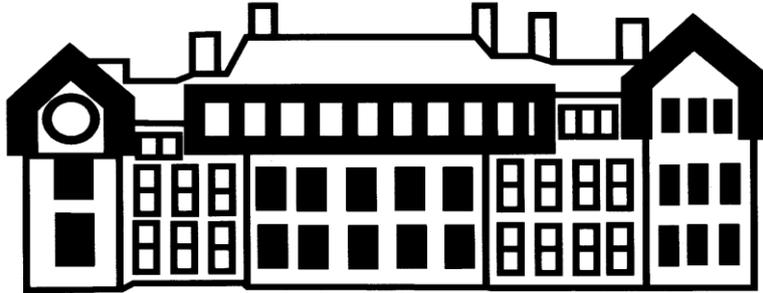


Gordon Primary School

**GORDON**



**SCHOOL**

# **Ramadan Fasting Policy**

**Ratification date: December 2016**

**Review date: December 2019**

**Signed \_\_\_\_\_ Headteacher**

**Signed \_\_\_\_\_ Chair of Governors**

## Ramadan Fasting Policy

### 1, Introduction

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 to prepare them for adulthood. We do not encourage children in the Foundation Stage or Key Stage 1 to fast.

### 2, 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 to keep parents/carers informed if their child becomes unwell when fasting.
- To further develop understanding of the different faiths represented in the school population.

### 3, Implementation

- All parents / carers 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 / carers to complete a **weekly fasting permission slip**. A copy of this slip is attached to this policy.
- If a child says that they are fasting, but the school has not received a permission slip from their parent / carer, 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.
- For Health and Safety reasons, pupils who are fasting do not participate in physical education lessons. At this time they will do some health related learning.
- Children who are fasting 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 areas on the playground in order to conserve their energy.
- Assemblies will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- All children who fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance to our Healthy Eating guidelines.
- 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.

### 4, Health and Safety

- Parents / carers **MUST** inform the school via weekly permission slips if their child is fasting.

## Gordon Primary School

- The school will inform parents / carers immediately if their fasting child becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.

### **5, Inclusion**

- There is mutual co-operation between the parents / carers 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.
- Religious Education lessons are planned to provide all children with accurate information and a fair view of Islam.

### **6, Monitoring & Review**

- The Headteacher monitors the effectiveness of this policy on a regular basis. The effectiveness of the policy is reported to the Governing Body and, if necessary, recommendations for further improvements are made.
- The Headteacher keeps a record of any child who has permission to fast. Copies of permission slips will be placed in the pupil's file.
- The Governing Body reviews this policy every three years.

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## Fasting Permission Slip

I have read the school's Ramadan Fasting Policy and agree to adhere to it.    yes / no

I give permission for my child to fast during the period of Ramadan.    yes / no

Please specify dates.      From: .....      To: .....

Child's Name: .....

Child's Class: .....

Parent/Carer Signature: .....

Parent/Carer telephone number: .....

Date: .....