



Whitley Abbey Primary School
Ramadan Fasting Policy
February 2024

Approved by:
Reviewed on:
Next review due by:

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. Alongside this, it endeavours to allow people the time to consider those less fortunate than themselves and promotes donation of money and vital resources to charities.

Aims and Objectives

- To further develop understanding of the different faiths represented in the school population.
- To facilitate religious practices for pupils in year 6 who wish to fast during, part of, or for all of, the month of Ramadan.
- To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

Health and Safety

- Parents/carers will inform the school in writing if their child is going to participate in fasting.
- Pupils who are fasting at Whitley Abbey Primary School will spend lunchtimes away from the dinner hall.
- Whitley Abbey Primary School will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- Any pupils who fast will be expected to participate in regular school activities.
- A person who is fasting can take no oral medication: however, in an emergency the school will administer any medicine that is deemed necessary.
- If there are concerns about any pupils who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis.
- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then a teacher will advise the pupil, to terminate the fast immediately by drinking some water. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.
- Children are made aware through assembly and reinforced by staff that there is no obligation for young children to have to fast before puberty stage. In addition, it will be shared that it is up to individuals and their families to consider whether they want to fast at this stage of their lives.

Physical Education

- Pupils who are fasting are able to partake in physical activities, as long as they are not putting themselves at risk or danger.
- Pupils will not do strenuous exercise, as they will be at high risk of headaches, tiredness, thirst, and drowsiness, due to dehydration.

Implementation

- During Ramadan, the school will dedicate some assemblies to the Muslim faith. and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.

- The school will consider the possible impact fasting and late-night prayers during Ramadan.

Implementation during SATs

- If Ramadan falls during SATs, (or the revision period leading up to SATs) the school will offer advice to fasting pupils, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- We ask that parents of pupils fasting will inform their children of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.

Appendix 1 Ramadan Fasting Letter

Requests to Fast

During the Holy Month of Ramadan, it is important that parents understand the school's responsibilities to those children who may wish to consider fasting.

For your information, the School has been advised that children under 10 years of age are not required to fast and, as primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. **'Request to Fast' Form** – Parents who wish to give permission for their child to fast during Ramadan whilst at School, will need to complete, sign and return the enclosed form to the school.
2. **Requests for Food** – As the School is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed Form has been provided.
3. **Illness** – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed Form has been provided and may call the child's parents or guardians, and the emergency services, if they believe that it is necessary.
4. **P.E.** – During fasting children can participate in P.E/Games lessons as long as they are not putting themselves in danger by doing over strenuous exercise causing headaches, tiredness drowsiness or dehydration.

I hope that the above is clear, but please do not hesitate to contact Mrs Reeve if you have any questions.

Kind Regards



Mr Robbie Walker
Headteacher

I have read and understood the information provided by Whitley Abbey Primary School and I would like to request that my child or children, whose details are given below, be permitted to fast whilst in the care of the School during Ramadan in March/April 2024.

<u>Name of Child</u>	<u>Class</u>	<u>Date of Birth:</u>

Parent or Guardian

Full Name:

Address:
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Signature:

Dated: