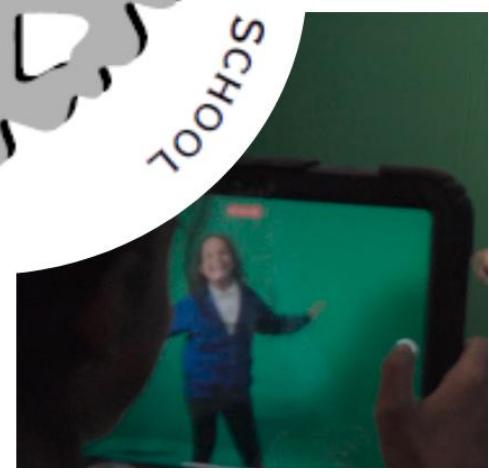


LIVING LIFE IN ALL ITS FULLNESS

# Fasting Policy



St Margaret's at Hasbury CE Primary School (SMAHPS) celebrates and respects all members of its school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practising Muslim homes are enthusiastic and get a great sense of achievement in joining their families in taking part in the spirit of Ramadan, often beginning at a younger age.

It is recommended in guidance issued by the Muslim Council of Britain for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults.

At SMAHPS we do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast. We encourage children in lower year groups to be supported to fast at home, at the weekend if required, allowing parents to supervise their health and well-being very closely.

## Aims and Objectives

- To provide a safe environment for children who wish to fast during the month of Ramadan.
- To ensure care the proper care of children is maintained and to 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 by completing the survey sent via email on School Life if they wish for their child to fast for part or all of the month of Ramadan. Parents must also inform the school immediately if there is any change to this request.
- The child should fast every day (except their PE day) as it is very difficult to keep track of which days a child is fasting and mistakes can be made which may cause upset.
- If a child says that they are fasting, but the school has not received a request in writing from their parent, they will be dealt with in a respectful manner; however, the child will not be permitted to miss lunch.
- Children who are fasting should not be expected to exert themselves physically so they will be encouraged to sit calmly during break and lunchtimes.
- Children are still expected to take part in all statutory PE lessons. They must not fast on PE days.
- SMAHPS will not 'enforce' fasting arrangements with children.

- As is the tradition of the school, RE lessons and assemblies are held during the school year to create an understanding of other faiths and festivals.
- All children who are fasting will need to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need.
  - 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.

## Health and Safety

- Parents **MUST** inform the school if their child is fasting by completing [the survey sent via email on School Life](#)
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast will be expected to participate in regular school activities.
- If there are concerns about any child who is fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis.

## Attendance

Please notify the school office of your child's **absence during EID**. One day will be authorised. If the school office isn't notified, your child will receive an unauthorised mark.

## Implementation during SATs

- If Ramadan falls during SATs, (or revision periods leading up to SATs) the school will offer advice to fasting children, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- We ask that parents of children 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.

This policy will be reviewed annually by the governing body and will take into account the changing Islamic calendar and any guidance.