



## **William Law C E Primary School**

### **Fasting Policy**

Policy shared with staff on [by email/staff briefing]

Policy confirmed by the Governing Body of William Law CE Primary School on:

Date: 2<sup>nd</sup> March 2021

Signature:

Policy to be reviewed on: March 2024

***This policy is written in line with the Christian values and ethos of our school.***

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 KS1 and lower KS2 to 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 physical wellbeing 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 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 complete a fasting permission slip; these slips are available from the office. If a child says that they are fasting, but the school has not received a permission slip from their parent, 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, if parents wish, pupils do not have to participate in physical education lessons at the time they are fasting. At this time they will take part in 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.

Parents should be aware that, in the event of extreme weather such as hot days in summer, it is the responsibility of the school to keep pupils safe by providing drinking water throughout the day to avoid dehydration.

All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance to our Healthy Eating Policy. 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 via the permission slips if their child is fasting. The school will inform parents immediately if their child becomes unwell.

Children who fast must conserve their energy and not join in strenuous games.

**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.



I would like my child to fast during Ramadan

Child's name: \_\_\_\_\_

Class: \_\_\_\_\_

Dates they will be fasting: \_\_\_\_\_

\_\_\_\_\_

- I understand that my child will bring an emergency snack
- I understand my child will not be participating in PE/Sport on these days
- I understand that my child will not be going out for lunch/break

Parent/Carer Signature: \_\_\_\_\_

Parent/Carer Name: \_\_\_\_\_

Date: \_\_\_\_\_