



RUSH GREEN PRIMARY SCHOOL

Fasting Policy

Approved by: D Hodge

Date: March 2023

Last reviewed on: New policy

Next review due by: March 2025

Ramadan Fasting Policy

This policy was devised in consultation with a range of members of the school community including representatives from

the Muslim religion and London Borough of Barking and Dagenham. 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 infant aged children (from Nursery to Year 2) 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 proper care 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
- To ensure all staff are aware and understand the spirit of this policy

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 'weekly fasting permission slip'; these slips are available from the office (**Appendix 1**).
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be spoken with in a respectful manner; however, the child will not be allowed to miss lunch. In this instance, we would make every effort to contact the parents. However, if no contact can be made, the school would consider the needs of the child first.
- Children who are fasting should not be expected to exert themselves physically; they will still play a role in physical education lessons, undertaking some health-related learning instead
- In addition, children will be reminded to avoid running around at play and lunch time. Instead, they should make use of quiet areas in the playground in order to conserve their energy and keep thirst levels to a minimum. However, the onus for this will rest with the child. The school cannot be held responsible if a child needs to drink or eat due to physical exertion which makes them unwell.
- As is the tradition in the school, RE lessons will be held during the school year to support understanding of all faiths, including the Muslim faith and the festival of Eid-ul-Fitr. It is important to iterate that we are not a faith school and our role is to develop an appreciation in pupils of the many different religions and beliefs which some people choose to follow. Likewise, we also teach that it is important that we show tolerance and understanding to those who have a different religion or belief to our own.

Health and Safety

- All children that fast will need to bring an emergency snack with them to school daily.
- 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. Where we can make contact with a parent, we will, but the child's safety and wellbeing will be put first
- 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.

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 that of others.

Appendix 1

Fasting Permission Slip

Dear Parent/Carer,

This form **MUST** be completed and given to the School Office if you have a **junior aged** child (between year 3 and year 6), who wishes to fast for a religious observance.

It is essential that you inform us of the day/days that you intend the fasting to last so that we are aware of this, in case we need to make any adjustments.

Child's Name: _____

Class: _____

I give my child permission to fast during the period of (please specify dates/times):

From ____ o'clock (give time), on the ____ (give date) to: ____ o'clock (give time), on the ____ (give date)

I am aware that if my child becomes unwell or faints during the fasting period, the school will ask my child to break their fast and drink water/eat food.

The school will inform me if this is the case.

I confirm that my child has no medical issues or circumstances that may be affected by fasting.

Signed: _____ (Parent/Carer) Date: _____

Office use only

Class teacher informed Y/N

Year group leader informed Y/N

Phase deputy informed Y/N

Midday assistant informed Y/N

To be coded 'F' on dinner registers