



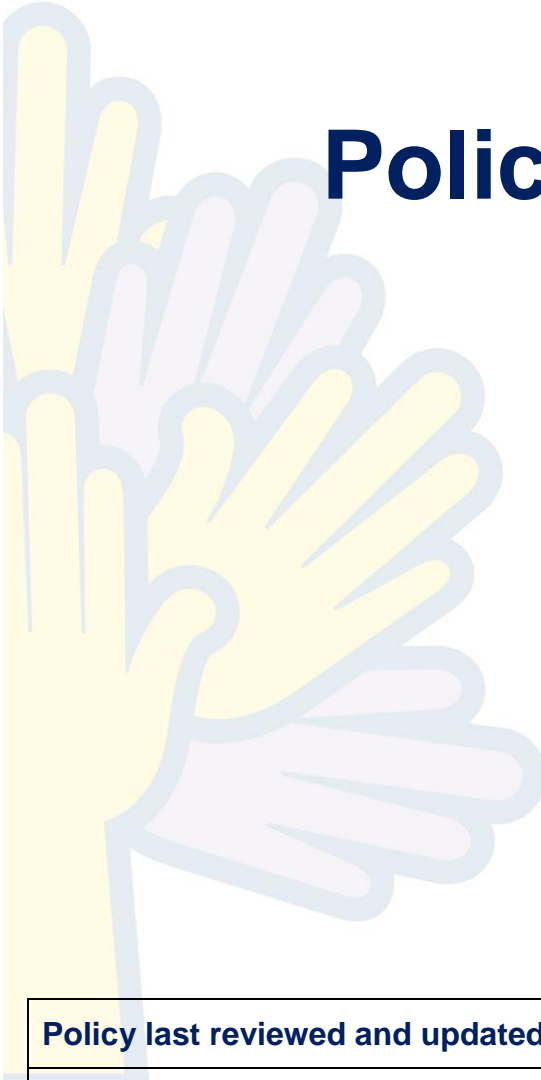
Samuel Allsopp
Primary & Nursery School

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Policy for Fasting



Policy last reviewed and updated by Governors:	
Date interim amendments made (if any):	
Date for next review:	

Victoria Site: Victoria Road, Burton upon Trent, Staffordshire. DE14 2LU
Orchard Site: Belvoir Road, Burton upon Trent, Staffordshire. DE13 0RA

A place where
children **CAN**

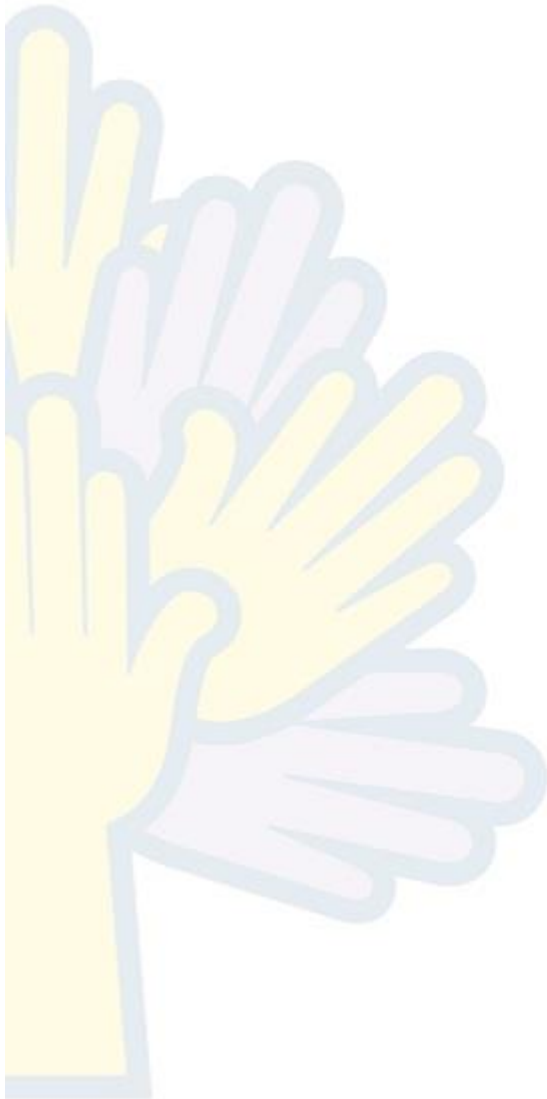


Policy Consultation & Review

This policy is available on our school website and is available on request from the school office. We inform all parents about this policy and supply them with a parent one-page attendance overview when their children join our school and regularly thereafter through our school newsletter and other relevant opportunities.

We recognise the expertise our staff build by managing school attendance daily and we therefore invite staff to contribute to and shape this policy and associated attendance and safeguarding arrangements.

This policy will be reviewed in full by the Governing Body on at least an **annual** basis.



Contents

1. Introduction	4
2. Fasting	4
3. NAHT Advice and Guidance	4
4. Aims	4
5. Implementation	5
6. Health & Safety	6

Appendices

1	Fasting Permission Letter	7
2		
3		
4		
5		
6		
7		

1. Introduction

At Samuel Allsopp Primary and Nursery School, a large number of pupils follow the Islamic faith. To support our pupils with fasting during school time we have compiled the following policy.

2. Fasting

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 bettering the whole self, through prayer and reflection. In this respect, it is obligatory for all males and females to fast once they reach the age of puberty. 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. Following the NAHT guidance below.

3. NAHT Advice and Guidance

'While bringing many benefits, strict fasting throughout Ramadan is likely to impact on pupils' overall well-being and their cognitive performance.

It's important to note that no child younger than 'the age of puberty' is obliged or expected to fast – there are, however, two views on this issue:

1. The 'biological maturity' view holds that children should begin the practice of fasting at the age of 15 (ie. the age of puberty)
2. Under the 'intellectual maturity' view, children should begin fasting between the ages of 16 to 19 (ie. the age of intellectual capacity).

However, younger children (ie. those at primary or secondary schools) may practice short periods of fasting to prepare them for adulthood.'

4. Aims

We aim to support our school community during their observance of Ramadan but respect that this is a personal choice and may differ from family to family.

This policy outlines how school will ensure that a safe environment is provided for children who wish to fast during part or all of the month of Ramadan and includes how school and parents/carers will work together to ensure that appropriate care and involvement in school life is maintained. As well as how the children's ability to fully participate and engage in the curriculum every day.

Through this policy we aim to:

- ensure effective systems are in place to cater for children who wish to fast;

- provide a safe environment for children who wish to fast during part or all of the month of Ramadan;
- ensure that the proper care of children is maintained and parents are informed if their child is unwell;
- further develop understanding of the different faiths represented in the school's population.

5. Implementation

- The school will recognise the values of Ramadan in the lead up to and during the month of fasting.
- Ensure all staff develop a good awareness of the factors that may affect the children in their care during Ramadan.
- Support and be considerate to the children and staff who are fasting, partially or fully, during the month of fasting in alignment with the school values.
- Unfortunately, the school will be unable to cater for any children who are fasting in year groups outside of Years 5 and 6. If a child wishes to fast (with parental approval), who is not in Years 5 or 6, they must be collected by an adult and taken home during dinnertime. They should then be returned to school at the end of dinnertime; **children in Year 5 & 6 can fast in school on 1 day during the week which is not a day when PE takes place for their class and will be supervised by a member of staff in a suitable area of the school.**
- 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.
- We will allow the child to make the decision to break their fast. If they choose not to but a child is becoming distressed or unwell when he or she is fasting, or their health is being impacted, we will carry out our Safeguarding duty and responsibility for the child in our care to ensure their health is not impacted and ensure that water is available and encourage them to eat their emergency snack.
- We will raise awareness and understanding of the expectations and traditions of Ramadan for those who are not Muslim.
- Provide the option for those Muslim children who are entitled to free school meals to take packed lunches home, should they wish to do so at the end of the school day.
- Not allow permission to be given for children with a medical condition, which could be complicated by fasting (e.g. diabetes), to fast at school.
- Ensure children continue to access the full school curriculum, which includes Music, and continue to engage in the life of the school.
- Make efforts to plan swimming and puberty lessons outside of the month of Ramadan, whenever possible.
- Make use of timetable variations when this is possible, if Ramadan falls during End of KS2 assessments (SATs).

We would ask parents/carers of Year 5/6 children to:

- Complete a permission form to notify school if their child is fasting and on which day. This should be done before the period of fasting to enable school to ensure

appropriate supervision is in place for all children. If this is not received, their child will not be able fast in school.

- Speak to their child about their decision to fast.
- Provide an emergency snack on the day their child is fasting
- Communicate regularly with school staff regarding fasting arrangements and in order to ensure the ongoing health and wellbeing of the children.
- Continue to promote good school attendance and engagement in all parts of school life.
- Consider which days children will be expected to take part in PE lessons, including swimming lessons, when making fasting arrangements.
- Consider the importance of end of KS2 assessments (SATs) and how to support children to perform well in these as well as engaging in the spirit of Ramadan, if Ramadan falls during End of KS2 assessments.

6. Health & Safety

- Parents **MUST** inform the school via a letter/permission slip (Years 5 and 6 only) -see the end of this policy for an example- if their child is fasting and on which day.
- The school will inform parents immediately if their child, who is fasting, becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games. They will also be kept in at dinnertimes so as not to overly exert themselves.

If any further information or advice regarding any aspect of this policy is needed please contact the school office.



Head Teacher: Mr Lee Smith
Telephone: 01283 247420
E-mail: enquiries@victoria.staffs.sch.uk

Dear Parents/Carers,

DATE

Children fasting during the month of Ramadan

As Ramadan approaches, we would like to provide you with information about our school policy regarding children fasting in school time.

At Samuel Allsopp Primary and Nursery School, we support **Y5** and **Y6** children fasting and aim to provide a supportive and safe environment in which they can 'practice' fasting. Due to the pupils' overall wellbeing, cognitive performance and supervision, only the children in Year 5 and 6 will be allowed to fast at school for one school day per week. If a child has a medical condition that would be complicated by fasting, e.g. diabetes, then the parents should consider if it is appropriate for the child to fast in school.

Any parent of a child wishing to fast must complete and return the 'fasting form' below to the office stating which day you wish for your child to fast at school. Please ensure this is a day which does not involve sports activities as children fasting will not be allowed to participate. No child will be allowed to fast without the returned 'fasting form'.

Thank you for your continuing support.

Yours sincerely

Mr L Smith
Headteacher

RAMADAN FASTING FORM

I wish for my child..... in class.....
to fast for one day per week on (please tick one)

Mondays Tuesdays Wednesdays Thursdays Fridays

I will provide an emergency snack on the day my child is fasting in school.

I understand that if a child is becoming distressed or unwell when he or she is fasting, or their health is being impacted, school will carry out its Safeguarding duty and responsibility for the child to ensure their health is not impacted and ensure that water is available and encourage them to eat their emergency snack.

Signed.....(parent/guardian)

Declaration that this policy has been submitted to Governors for perusal and approved for publication

Signed:	Dated:
Mr Smith Head Teacher	

Signed:	Dated:
Chair of Governors Mr Symons	

