



Samuel Allsopp
Primary & Nursery School

File – **Governors**

Initials – **NA/HKE** Date: **January 2024**

Pages: **2**

Review: **NA/HKE** Date: **January 2025**

Fasting Policy **January 2024**

This policy provides guidance for members of staff and parents/carers concerning fasting for pupils at Samuel Allsopp Primary and Nursery School. School aims to provide a safe environment for children who wish to fast during the month of Ramadan and ensure the religious needs of each child are not compromised, whilst still ensuring they are in the best possible physical and mental state in order to successfully participate in all required activities.

Aims and Objectives

Whilst we understand that fasting is not compulsory in Islam before the age of puberty, we understand that some children are often encouraged to fast, or indeed wish to fast, in order to prepare them for adulthood. We discourage children in KS1 up to Year 5 to fast.

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

Implementation

- All parents must inform the school by replying to the Ramadan letter of notification if they wish their child to fast during part or all of the month of Ramadan.
- If a child says that they are fasting and the school has not been informed in writing, then a phone call home will be made to notify parents.
- The children who are fasting will be sat in the dinner hall in a designated space. Children who are fasting should not be expected to exert themselves physically other than for curriculum activities.
- For health and safety reasons, their teacher will be informed and children who are fasting will take part in adapted Physical Education lessons.
- During play time, children who are fasting will be encouraged to make use of quiet, shaded areas of the playground. In the event of very hot weather, a quiet cool room will be provided.
- If a child becomes unwell or distressed while fasting, parents will be notified and the child will be encouraged to break their fast by drinking some water and eating a snack.
- If a child has a medical condition, such as diabetes, that could be complicated by fasting, they will not be permitted to fast in school.

Health and Safety

- Parents must inform the school in writing if they wish their child to fast.
- Parents should be contactable, as at all times, and available to collect children if necessary.
- The school will inform parents as soon as possible if a child becomes unwell.
- Children who are fasting must conserve their energy and not participate in physically strenuous activities, however PE is part of the National Curriculum and children will take part in adapted lessons.

- If children wish to fast during a non-compulsory period, parents must notify the Headteacher.

Inclusion

- There is mutual respect and co-operation between the school and parents of children who are fasting.
- All children in school must be encouraged to be proud of and feel positive about their family, culture and faith

Associated Policies

Health and Safety