

# Courthouse Green Primary School

‘Doing our best to be our best’



## Ramadan Fasting Policy

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 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.

### 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.
- If a child says that they are fasting, but the school has not received a permission slip from their parent we will attempt to contact the parent to clarify the situation.
- Children who are fasting will take part in PE lessons but staff will be aware that they are fasting and that they have an emergency snack with them in case of feeling unwell.
- Children who are fasting will be discouraged from running around vigorously at lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- 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. Please do not send biscuits, crisps, sweets or chocolate.
- 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 weekly permission slips if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy at lunchtimes 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.

**Reviewed date:** March 2023

To be reviewed March 2025