

Name of Policy:	Ramadan Fasting Policy
Applicable to:	Primary school
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Approved on behalf of the ELT	John Bagust
Effective date:	June 2019
Date of next review:	June 2021

[Links to other relevant school policies](#)



NCBIS Mission Statement

To provide a learning environment that supports academic achievement whilst promoting personal growth through the attributes of the IB Learner profile, within a caring international community committed to the traditional values of honesty, courtesy, respect, integrity and fair play.

Purpose and Scope of 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 an 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 primary 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, pupils who are fasting do not do active physical education lessons at the time they are fasting. At this time they will be provided with some health-related learning by our PE department.

Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas inside or in the shade in order to conserve their energy.

As is the ethos in the school, PSHE 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 and drink with them to school daily. This should be something healthy in accordance with our Healthy Eating Ethos. 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 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.

APPENDIX- Weekly Permission Slip For Fasting Students

I give permission for my child _____ in class _____

To fast for week beginning _____

Name of parent _____

Signed _____ Date _____