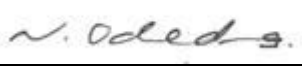





Fasting Policy for Pupils

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Policy Review Date	November 2025	Headteacher: Nitash Odedra	Signed: 
Ratified by Governing Body:			
Chair of Governors: Sue Welford		Signed: 	

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1. Purpose and Introduction

Fasting is a part of many religious observances and practised by most of the major world faiths.

This policy has been written to meet the religious needs of any child wishing to fast during the school day, and in particular to ensure that the needs of the Muslim children are met during Ramadan as this is a significant period of time during which the children have limited intake of water and food.

The policy must also take into account the health & safety aspects of fasting alongside supervision levels within school.

Parents, carers and pupils are expected to adhere to the Fasting Procedure. The policy wording and its procedures have been discussed at both committee and Full Governing Body meetings before being approved

2. Aims

- To provide a safe environment or procedure for children who wish to fast at any time, whether it be for a single day, selected days or a longer period of time such as the month of Ramadan.
- To 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 curriculum activities.

3. Scope

This procedure applies to all pupils at Rushey Mead Primary School.

4. The Requirement for Primary Age Children to Fast

- As fasting for Muslims is not obligatory for children until they reach the age of puberty, along with the other acts of worship, at Rushey Mead Primary School we do not consider it an obligation to allow children below this point to fast at school.
- At Rushey Mead Primary we recognise that Muslim children who are below the age of 10 and have not yet reached puberty often choose to fast for part of the day or on certain days of the week as training to help them when they reach the age when it becomes compulsory. We support this, in line with the School Aims, as part of their preparation for adult life.

- At Rushey Mead Primary we recognise that fasting is not compulsory for children of primary school age in any major world faith.

5. Fasting during Ramadan

Ramadan is the main period of the year when Muslim children may choose to fast.

Depending on when Ramadan falls, the length of the fast will vary and may be particularly long. This raises some concerns as to how pupils will cope during the school day. Therefore, we would ask that parents consider this when agreeing with their child how many days they fast for.

There are different arrangements in school for children who are fasting in each key stage. A fasting notification form (see Appendix A) must be completed and should be sent to the class teacher prior to the day of fasting. Informing the class teacher will also be acceptable. This is to ensure school staff can monitor the child's well-being.

UKS2 Children (Years 5 and 6)

For UKS2 children who do choose to fast during Ramadan, the following arrangements will be put in place at lunchtime:

- Children who are fasting will go directly to the community room at lunchtime for quiet time, completing calm, quiet activities e.g. reading, drawing, quiet talking with friends or quiet reflective time. Please note that if a child's behaviour does not meet with the school's expectations during this time, the parent/carer will be asked to make alternative arrangements and take the child home during that time. If a child is unwell, the parent/carer will be contacted to collect him/her.
- The children will go outside for the last 30 minutes of lunch time in order to get fresh air.
- Alternatively, children can choose to go home at lunchtime. If a child chooses to go home each lunchtime, they will need to be collected from the main reception promptly at 12.30pm by an adult and they should not return to school until 1.25pm. This will need to be agreed for the whole month of Ramadan as we cannot accommodate changing circumstances on a day to day basis.

LKS2 (years 3 and 4) & KS1 (Years 1 and 2) Children

Due to the age of the children in KS1 and LKS2, the school would ask parents to carefully consider the appropriateness of allowing their children to fast. For those KS1 and LKS2 children who wish to fast, the school asks parents to consider allowing just one or two days per week or just the weekends.

For those KS1 and LKS2 children who will be fasting, the school is unable to accommodate them in school across lunchtime. As such, they will need to go home for the lunch hour during Ramadan.

KS1 will need to be collected from the main reception promptly at 12pm by an adult and they should not return to school until 12.55pm.

LKS2 children should be picked up at 12.15pm and returned at 1.10pm.

Reception Children due to the age of the children in reception, the school cannot allow them to fast during the school day.

6. Fasting at Other Times of the Year

It is recognised that there are other holy days throughout the year when children of different faiths may choose to fast.

For any children who will be fasting at times other than Ramadan, a fasting notification form (see Appendix A) must be completed and should be sent to the class teacher prior to the day of fasting. This is to ensure school staff can monitor the child's well-being.

7. Health and Safety

- All parents/carers of children wishing to fast, must inform the school, **in writing**, if they wish their child to fast. (Appendix A)
- If a child says that he or she is fasting but the school has not received a fasting notification form from his or her parent/carer, they will be treated in a respectful manner. Parents / carers will be contacted to confirm that their child is fasting or to gain further advice.
- Parents should be contactable, at all times (being particularly conscientious of this when their children are fasting), and available to collect their child if necessary.
- The school recognises that children may perform below their usual level in PE and other physical activities when they are fasting.
- Fasting should not be a burden. However, if a child becomes distressed, depending on the circumstances, the school will either provide the child with something to eat and drink, or contact the parents/carers and ask them to collect their child and take them home.
- RE lessons and assemblies will be used to help all children develop an understanding of the different faiths that use the practice of fasting as part of their religious traditions and particular festivals associated with times of fasting.
- Any exceptional circumstances can be discussed with the Headteacher.

Appendix A

Fasting Notification Form

To be completed by the parent prior to the start of any fast by their child

Name of child _____ Class _____

I hereby give notification that my child will be fasting whilst at school on the following days:

From _____ to _____

I understand and consent that in the event of my child becoming unwell, school will encourage my child to drink and eat to ensure their health and well-being.

I understand that if my child is in LKS2 or KS1 then I will have to pick my child up and take them home for lunchtime.

Name _____

Signature _____

Relationship to child _____

Date _____