



## FASTING POLICY

Guidance (Non-statutory)

### **Aims**

This policy provides guidance for members of staff and parents/carers concerning fasting for pupils at school

### **General Principles**

This policy complies with the health and safety and inclusion principles.

### **Associated Policies**

Health and Safety, Equality Plan

### **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.

- 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 in writing (by email is acceptable) 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, the matter will be dealt 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, the P.E. 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.
- 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.

- 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.

**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.