



**Building Personal Success**

## **Ramadan Fasting Policy**

**Reviewed by: Lynn McCann and Marie Hardie**

**Date: March 2021**

**Next review date: February 2022**

This policy was devised in consultation with a range of members of the school community including representatives from the Islam religion. 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.

Brampton Primary School celebrates and respects all members of its school community. The spiritual and moral dimensions of fasting are considered to be of far greater importance than the physical dimension. Therefore, we would encourage children to think of others, reflect on their spiritual lives and think about how fortunate we are during the month of Ramadan. At Brampton Primary School, we only allow children in Year 6 to fast in special circumstances as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents to supervise their health and wellbeing very closely.

We are very aware of the link between health and learning; for example, a child who is hungry or thirsty may find focussing on new information or participating in active lessons more difficult. Also, the sleep pattern is being disturbed when the fast is broken/begun at dusk. The normal school day is busy and demanding, and fasting pupils may become tired and lack concentration, especially in the warm summer months.

### **Aims and Objectives**

- To provide a safe environment for children who wish to fast during the month of Ramadan.
- To ensure the proper care of children is maintained and to 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 will be available from the 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 will be expected to continue with lessons as normal, e.g. P E and music. However, modifications could be made e.g. walking rather than running.
- Children who are fasting will be encouraged not to take part in rigorous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas in the playground in order to conserve their energy.
- As is the tradition of the school, RE lessons and assemblies are held during the school year to create an understanding of other faiths and festivals, including the festival of Eid-ul-Fitr.
- All children who are fasting will need to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need or are unable to concentrate in lessons.
- 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. The child will be reassured that it is the willingness to participate that is most important and not being able to carry it on is okay. If a child steadfastly refuses to break their fast the school will immediately contact parents. If no contact can be made, the school will contact Social Services for advice.
- 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 should try to conserve their energy, but are expected to fully participate in all school activities, including P.E., as well as enjoying play times as normal.

### **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.

### **Islamic calendar**

The dates are subject to change.

<b>Year</b>	<b>First day of Ramadan (depending on the first sight of the moon the evening before)</b>	<b>Last day of Ramadan</b>
<b>2021</b>	Tuesday 13 <sup>th</sup> April 2021	Wednesday 12 <sup>th</sup> May 2021
<b>2022</b>	Saturday 2 <sup>nd</sup> April 2022	Monday 2 <sup>nd</sup> May 2022
<b>2023</b>	Thursday 23 <sup>rd</sup> March 2023	Friday 21 <sup>st</sup> April 2023
<b>2024</b>	Monday 11 <sup>th</sup> March 2024	Tuesday 9 <sup>th</sup> April 2024
<b>2025</b>	Saturday 1 <sup>st</sup> March 2025	Sunday 30 <sup>th</sup> March 2025

Appendix 1

**PERMISSION SLIP – FASTING FOR RAMADAN– W/C 19<sup>th</sup> April 2021**

Child's Name .....Child's Class.....

I give permission for my child named above to fast at school on the following days:

Monday Tuesday Wednesday Thursday Friday (*Please circle the fasting days*)

Signed ..... (parent / carer) Date .....

Parent/carer contact number .....

.....

**PERMISSION SLIP – FASTING FOR RAMADAN– W/C 26<sup>th</sup> April 2021**

Child's Name .....Child's Class.....

I give permission for my child named above to fast at school on the following days:

Monday Tuesday Wednesday Thursday Friday (*Please circle the fasting days*)

Signed ..... (parent / carer) Date .....

Parent/carer contact number .....

.....

**PERMISSION SLIP – FASTING FOR RAMADAN– W/C 3<sup>rd</sup> May 2021**

Child's Name .....Child's Class.....

I give permission for my child named above to fast at school on the following days:

Monday Tuesday Wednesday Thursday Friday (*Please circle the fasting days*)

Signed ..... (parent / carer) Date .....

Parent/carer contact number .....

.....

**PERMISSION SLIP – FASTING FOR RAMADAN– W/C 10<sup>th</sup> May 2021**

**(Eid celebration will take place this week)**

Child's Name .....Child's Class.....

I give permission for my child named above to fast at school on the following days:

Monday Tuesday Wednesday Thursday Friday (*Please circle the fasting days*)

Signed ..... (parent / carer) Date .....

Parent/carer contact number .....