

Brampton Primary School

Ramadan Fasting Policy



Building Personal Success

Reviewed by: Mrs Marie Hardie

Date: February 2024

Next review date: January 2025

Intent

This policy was originally devised in consultation with a range of members of the school community, including representatives from the religion of Islam and using guidance for schools on Ramadan, written by Newham SACRE (Standing Advisory Council on Religious Education). Whilst it is recognised 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. It is recognised that fasting during Ramadan binds the Muslim community together, both locally and world-wide and so time will be dedicated to delivering specific assemblies about Ramadan so that the whole school community can learn about its place in Muslim life. The importance of the spiritual and moral dimensions of fasting as well as the physical dimension will be explored so that during the month of Ramadan, all children are encouraged to think of others, reflect on their spiritual lives and think about what they are grateful for.

At Brampton Primary School, children in Year 6 – who have written permission from their parents or carers – are permitted to fast. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents and carers to supervise their health and wellbeing very closely. Parents and carers, who are considering giving their children permission to fast, are asked to consider the impact fasting may have on learning. For example, a child who is hungry or thirsty may find focussing on new information or participating in active lessons more difficult. Parents and carers are also asked to consider the possible impact on their child's sleep pattern, which may be disturbed due to changes in mealtimes and through waking earlier for prayer. The normal school day is busy and demanding, and fasting pupils may become tired and lack concentration.

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 and carers informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

Implementation

- All parents and carers will inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. Parents and carers are asked to complete a 'weekly fasting permission slip'; these slips will be sent out with the permission letter.
- If a child says that they are fasting, but the school has not received a permission slip from their parent or carer, the school will contact the parent or carer for

confirmation. If they have not given permission, this will be explained to the child in a respectful and nurturing 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. Some parents and carers may wish to withhold permission on days when PE is taking place.
- 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.
- Children who are menstruating should be instructed by their parent or carer not to fast, even if permission for that day was already given.
- Children who are fasting should eat a balanced and nutritious meal early in the morning before dawn to prepare for the day ahead. If this meal is missed, then children should not fast that day.
- 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 a snack that also includes water. Parents and carers should encourage their children to make use of these should they feel the need or if they are unable to concentrate in lessons.
- All children who are fasting should let the senior midday supervisor know that they are happy to continue their fast; the senior midday supervisor will monitor class lists to ensure that other children, who do not have permission to fast, are not skipping lunch.
- 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 snack and/or having a drink of water. The child will be reassured that it is the willingness to participate in the fast 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 contact their parents or carers.
- 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.
- If a child is attending an overnight educational visit, the child will not be permitted to fast.

Health and Safety

- Parents and carers must complete the weekly permission slips if their child is fasting.
- The school will inform a child's parents or carers immediately if their child who is fasting becomes unwell.
- Children who fast should try to conserve their energy, but are expected to participate in all school activities.

Impact

- There is mutual co-operation between the parents and carers 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.

Ramadan Dates

The dates are subject to change.

Year	First day of Ramadan <i>(depending on the first sight of the moon the evening before)</i>	Last day of Ramadan <i>(tbc)</i>
2024	Monday 11 th March 2024 <i>(Spring 2 Week 4)</i>	Tuesday 9 th April 2024 <i>(Spring Holiday)</i>
2025	Saturday 1 st March 2025 <i>(Spring 2 Week 2)</i>	Sunday 30 th March 2025 <i>(Spring 2 Week 5)</i>
2026	Wednesday 18 th February 2026	Thursday 19 th March 2026
2027	Sunday 7 th February 2027	Monday 8 th March 2027
2028	Thursday 27 th January 2028	Friday 25 th February 2028

Appendix 1

The slips can be filled in weekly, or altogether depending on the wishes of the parent and carer.

PERMISSION SLIP – FASTING FOR RAMADAN– W/C 11th March 2024

Child's Name: _____ 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 to contact if required: _____

PERMISSION SLIP – FASTING FOR RAMADAN– W/C 18th March 2024

Child's Name: _____ 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 to contact if required: _____

PERMISSION SLIP – FASTING FOR RAMADAN– W/C 25th March 2024

Child's Name: _____ 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 to contact if required: _____

The two-week Spring Break will start on Friday 29th March.