

# Colmers Farm Primary School's

## Ramadan Policy



### [Rights Respecting Schools' Article/s](#)

*A14: Every child has the right to think and believe what they want and to practise their religion, as long as they are not stopping other people from enjoying their rights. Governments must respect the rights of parents to give their children information about this right.*

*A30: Every child has the right to learn and use the language, customs and religion of their family, regardless of whether these are shared by the majority of the people in the country where they live.*

# Ramadan Fasting Policy

## Ramadan Overview

Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30 day period of fasting, self-control, charity-giving and goodwill to others. Those Muslims who fast during Ramadan are not allowed any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self, through prayer and reflection.

At Colmers Farm Primary School, we respect and value all beliefs and faiths as part of the 'No Outsiders' agenda. Whilst we recognise that fasting is not compulsory before the age of puberty within Islam, we understand that many children are often encouraged to fast; indeed wish to fast to prepare them for adulthood or just wish to participate in the experience. We however do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

## Aims and Objectives

Through this policy we aim to:

- ensure effective systems are in place to cater for children who wish to fast;
- provide a safe environment for children who wish to fast during part or all of the month of Ramadan;
- ensure that the proper care of children is maintained and parents are informed if their child is unwell;
- further develop understanding of the different faiths represented in the school's population.

## Implementation

- All parents must inform the school in writing if they wish their child (Years 5 and 6 only) to fast for part or all of the month of Ramadan. **We ask that parents complete a 'fasting permission slip'** (see the example at the end of this policy). These slips are also available from the school office;
- We unfortunately cannot cater for any children who are fasting in year groups outside of Years 5 and 6. If a child wishes to fast (with parental approval), who is not in Years 5 or 6, they must be collected by an adult and taken home during dinnertime. They should then be returned to school at the end of dinnertime;
- 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;
- For health and safety reasons, pupils should not take part in high intensity physical education lessons at the time they are fasting. At this time, they will take part in a lower intensity PE activity or do some health-related learning;
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunchtime. Children will instead be kept in the upper hall or the school library, during this time, in order to conserve their energy;
- **All children that fast will need to bring an emergency snack with them to school daily.** This should be something healthy in accordance with our Healthy Eating Policy.

- **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 a letter/permission slip (see the end of this policy for an example) 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. They will also be kept in at dinnertimes so as not to overly exert themselves.

## **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.

**Policy Updated** – October 2024

**Written by** – D.Williams (Headteacher)

## Ramadan Fasting Permission Slip

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

To Colmers Farm Primary School:

I give permission for my child to fast on the following date/s (please tick boxes for the relevant dates your child will be fasting in the table below)

	w/c	w/c	w/c	w/c
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

I have read Colmers Farm Primary School's Ramadan Fasting Policy and understand how the school will implement this.

Parent/Carer's Signature: \_\_\_\_\_

Print Parent/Carer's Name: \_\_\_\_\_

Date: \_\_\_\_\_