



# Three Bridges Primary School

## Ramadan Fasting

## Policy

**Approval Date: 1st May 2018**

**Review Date: April 2025**

**Headteacher:** ..... *TEmberson*

## **Contents:**

- 1. Legislative framework**
- 2. Aims & objectives**
- 3. Ramadan – An overview**
- 4. Health & Safety**
- 5. Physical Education**
- 6. Implementation**
- 7. Implementation during tests**
- 8. Monitoring & review**

## **1. Legislative framework**

1.1 This policy has due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010

1.2 This policy also has due regard to guidance documents, including, but not limited to, the following:

- ASCL 'Ramadan & Exams, 2016: information for schools & colleges' April 2016
- DfE 'Keeping Children Safe in Education' September 2022

## **2. Aims & objectives**

2.1 To provide a safe environment for the pupils who wish to fast during part of, or for all of, the month of Ramadan.

2.2 To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

2.3 To further develop understanding of the different faiths represented in the school population.

## **3. Ramadan – An overview**

3.1 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.

3.2 Those 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.

## **4. Health & Safety**

4.1 Parents/carers will inform the school if their child is going to participate in fasting. (Appendix A)

4.2 Three Bridges Primary School will inform parents/carers immediately if their child, who is fasting, becomes unwell.

4.3 Any pupils who fast will conserve their energy and not join in strenuous games.

4.4 No oral medication can be taken by a person who is fasting, however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the School's Administering Medicine Policy.

4.5 If there are concerns about any pupil who is fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case by case basis.

4.6 If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised, by a teacher, to terminate the fast immediately by drinking some water, in accordance with the school's Health & Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.

## **5. Physical Education**

- 5.1 Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk of danger.
- 5.2 Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- 5.3 The school will ensure that any pupils who are fasting are able to decide whether or not they wish to participate in swimming. As the potential for swallowing water is high, pupils may feel uncomfortable in participating in this sport. Other activities will be scheduled to replace swimming during Ramadan if necessary.

## **6. Implementation**

- 6.1 During Ramadan, the school will dedicate some assemblies to the Muslim faith and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.
- 6.2 The school will consider the possible impact fasting and late night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports day, trips, celebrations.
- 6.3 The school will ensure that school functions that occur in the evening are scheduled before or after the month of Ramadan.
- 6.4 The school will provide any pupils fasting with a supervised, quiet space to rest during their lunch hour.
- 6.5 The school will ensure that sex and relationship education is not scheduled during Ramadan, as fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid any related thoughts and discourse.

## **7. Implementation during tests**

- 7.1 If Ramadan falls during assessment weeks, the school will offer advice to fasting pupils who have important tests, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- 7.2 The school asks that parents inform their child of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.
- 7.3 If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.
- 7.4 The school will ensure good room management during hot weather, which will benefit all pupils who are fasting. The classrooms have blinds to shade the children from direct sunlight, and fans will be supplied to ensure pupils who are fasting do not overheat or become dehydrated.
- 7.5 The school will ensure, where appropriate, that there is a prayer room provided.

## **8. Monitoring and review**

8.1 The Headteacher will review this policy bi-annually, ensuring that all procedures are up to date.

8.2 Any changes made to this policy will be communicated to all members of staff.

**Fasting Permission**

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

My child/children will fast for part or all of the month of Ramadan (insert dates below)

.....  
.....  
.....

☐ I agree to the conditions in the Ramadan Fasting Policy.

☐ I will ensure my child brings a healthy snack to school daily, as this may be given to my child in an emergency.

☐ I agree that my child may be given a glass of water if the school feels this is necessary.

Signed ..... (Parent)      Date .....