



Weddington Primary School

Ramadan Fasting Policy

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. As a school, we would not recommend our children to fast due to their age, however, we will support families with their choices.

Ramadan – An 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 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.

Intent

- To provide a safe environment for children whose families wish for them to fast during part or all of the month of Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.
- To ensure the school and families work together for the best interest of their child.

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 'fasting permission slip'; these slips are available from the office or can be emailed on request.
- 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 should not be expected to exert themselves physically.
- PE is part of the curriculum and we would expect children who fast still be part of these lesson. Staff will look at making reasonable adjustments to support the child.
- At lunchtime, they will be encouraged to make use of quiet areas on the playground or in the school (where adults can support) in order to support these children.



Mindfulness

Perseverance

Respect

Reflection

Truth

Aspiration

Inspiration

- All children that fast will need to bring a snack and drink with them to school daily. 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 or drinking their snack. Parents will have to agree with this before they sign the slip.

- 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 permission slip if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell and staff will provide a drink and a snack.
- Children who fast must have regular conversations with staff throughout the day to ensure they are well. They need to ensure they look after themselves through the day.

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.

March 2024

The policy to be reviewed: March 2026

Ramadan Fasting Permission Slip

Child's Name: _____

Class: _____

I give permission for my child to fast during the period of Ramadan.

I have read the **Fasting Policy** and understand how the school will implement this.

Signed: _____

Print Name: _____

Date: _____

