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| **Dale Community Primary**  **and**  **Stonehill Nursery Federation**  **Ramadan Fasting Policy** |



**Head Teacher: Louise Foster**

**Chair of Governors: Russell Langley**

**Policy Approved by: Governors Behaviour and Safety Committee**

Policy reviewed by: Governors Behaviour and Date: 23 May 2023

Safety Committee

Policy reviewed by: Governors Behaviour and Date: 26 September 2023

Safety Committee

Policy reviewed by: Governors Behaviour and Date:

Safety Committee

Policy reviewed by: Governors Behaviour and Date:

Safety Committee

**RAMADAN FASTING POLICY**

# **Ramadan overview**

Ramadan is the ninth month in the Islamic calendar and 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. Whilst we recognize that fasting is not compulsory before the age of puberty within Islam, we understand many children are often encouraged to fast and may wish to fast to prepare them for adulthood. We however do not encourage children in EYFS, 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.

**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 (Years 5 and 6 only). We ask that parents complete a ‘fasting permission slip’ (see the example at the end of this policy).
* If a child says that they are fasting, but the school has not received a permission slip from their parent, a phone call will be made home to parents to clarify.
* We unfortunately cannot provide supervision 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 children are fasting and choose to stay in school at lunchtime, they will spend the lunch hour in a quiet space in a classroom. This will help children to conserve energy to ensure children are ready to learn in the afternoon.
* For health and safety reasons, pupils should not take part in high intensity physical education lessons at the time they are fasting. We ask that on days where the year group will be taking part in P.E. lesson, children do not take part in fasting. There will be no quiet space available on PE days. If a child is fasting on a P.E. day, staff will make a phone call home to clarify.
* In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will contact the parents to discuss the next steps. If we are unable to contact parents and their child is unwell, the child will be offered a snack and/or some 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 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.

**Ramadan Fasting Permission Slip**

Child’s Name:

Class:

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 |  | pm P.E, no fasting |  | pm P.E, no fasting |  | pm P.E, no fasting |  | pm P.E, no fasting |
| Wednesday |  | |  | |  | |  | |
| Thursday |  | |  | |  | |  | |
| Friday |  | |  | |  | |  | |

*Office staff: Please amend this letter to include the PE day*

|  |  |  |  |
| --- | --- | --- | --- |
| Parent phone numbers | | | |
| Contact 1 | Name: | Relationship: | Phone number: |
| Contact 2 | Name: | Relationship: | Phone number: |

□I have read Dale Community Primary School’s Ramadan Fasting Policy (attached to this letter and available on the school website)

□I understand how the school will implement this and how we will work together to ensure the health and safety of your child

Parent’s Signature:

Print Parent’s Name:

Date: