



Park Hill Junior School

Ramadan Fasting Policy

Review Date: 25th February 2025

This policy was devised in consultation with a range of members of the school community including representatives from the Muslim religion. 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.

Aims and Objectives

- To provide a safe environment for children who wish 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.

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 google permission form, [linked here](#).
- If a child says that they are fasting, but the school has not received permission 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.
- For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting. At this time, they will do some health related learning.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy e.g. fresh fruit.
- 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 the google online form as soon as possible.
- 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.

Inclusion

- There is mutual cooperation 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.

School Assessments

- The school may be doing Assessments or Internal Exams during the month of Ramadan.
- Children who are fasting will be monitored during this time and offered breaks.

Prayer Facilities

Many Muslim staff and Muslim pupils who are fasting may like to have the opportunity to pray at lunchtime. In order for the school to meet this need, we will:

- Provide an appropriate room and safe space where possible.
- Make available washing facilities in order for those praying to wash their arms and feet.
- Allow those who wish to provide their own prayer mats with a sensitive storage for such items.

Celebrating Eid (Id) in school

- Eid-ul-Fitr (Id-ul-Fitr) at the end of Ramadan are great days of celebration for Muslim families and it is appropriate that schools should mark this time in a special way.
- As a school we typically organise events, put up signs, decorate rooms and exchange Eid cards. This is celebrated in a multifaith manner by inviting people of other faiths to engage in the celebrations.

For Further Advice

Muslim civil society organisations for further advice are:

Muslim Council of Britain - <https://mcb.org.uk/>

Muslim Association of Britain – <https://www.mabonline.net/>

Islamophobia Awareness Month – <http://islamophobia-awareness.org>