# The Meadows Primary School's

# Ramadan Policy

# 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 The Meadows, 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 in 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 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 'fasting permission slip'**; these slips are available from the school office;
- 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;
- 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. Children will instead be kept in the pastoral room to conserve their energy;

- As is the tradition in the school, some of our Islamic assemblies will be used to deepen the children's understanding of 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 in accordance to 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 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.

**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.

Reviewed: February 2025

Review as required

Ramadan Fasting Permission Slip

Child's Name: _____ Class: _____

To The Meadows Primary School

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

| | wb | wb | wb | wb |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |

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

Parent/Carer's Signature: _____

Print Parent/Carer's Name: _____

Date: _____