

Beaumont Primary School



Fasting Policy

Dated: April 2022

Reviewed: April 2026

Consultation

This policy was devised in consultation with a range of stakeholders of the school community including representatives from the Islam faith. 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. We do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

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.

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.

Year	Holiday or Observance	Weekday	Date
2022	Start of Ramadan (Umm al-Qura)	Saturday	Apr 2
2023	Start of Ramadan (Umm al-Qura)	Thursday	Mar 23
2024	Start of Ramadan (Umm al-Qura)	Monday	Mar 11
2025	Start of Ramadan (Umm al-Qura)	Saturday	Mar 1

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 please see the end of this policy.

If a child is fasting, they need to fast daily throughout Ramadan to ensure the highest possible standard of care. We will not be able to facilitate a day on and day off approach.

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; and there will be a dialogue between parent and school as soon as possible.

Children who are fasting should not be expected to exert themselves physically.

For Health and Safety reasons, pupils who are fasting will not participate in 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.

AS it was overwhelming agreed from the parent survey results, all children that fast will need to bring an emergency snack with them to school. 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.

Ramadan Fasting Permission Slip

Child's Name: _____

Class: _____

- I give permission for my child to fast during the full period of Ramadan.
- I understand that my child will fast everyday in order for the school to keep my child safe by monitoring their wellbeing.
- I have read the Beaumont Primary School Fasting Policy and understand how the school will implement this.

Signed: _____

Print Name: _____ Date: _____

