

ALDERMAN RICHARD HALLAM PRIMARY SCHOOL

Ramadan Fasting Policy



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INTRODUCTION

We celebrate and respect all members of our school community. 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 themselves for adulthood.

At Alderman Richard Hallam Primary School, we only allow children in Key Stage 2 to fast as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents to supervise their health and wellbeing very closely.

We are very aware of the link between health and learning; for example, a child who is hungry or thirsty may find focusing on new information or participating in active lessons more difficult. The normal school day is busy and demanding, and pupils who are fasting may become tired and lack concentration, especially in the warm summer months.

AIMS

- To provide a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan.
- To ensure the proper care of pupils is maintained and keep parents and carers informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

HEALTH AND SAFETY

- Parents and carers will inform the school if their child is going to participate in fasting.
- The school will inform parents and carers immediately if their child, who is fasting, becomes unwell.
- Any pupils who fast will be encouraged to conserve their energy and not join in strenuous games.
- If there are concerns about any pupils who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis.
- 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.
- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised by an adult to terminate the fast immediately. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.
- The school will consider the possible impact fasting and late night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports days, trips and celebrations.

PHYSICAL EDUCATION

- Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger.
- Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- During P.E. or Swimming lessons, pupils who are fasting will be encouraged to approach a member of staff immediately if they begin to feel the effect of exercise and require a break.
- If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.

EXAMS DURING RAMADAN

- If Ramadan falls during the examination period, the school will offer advice to fasting pupils who have important exams to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- The parents and carers of pupils who will be fasting will be informed of the allowances Islam gives for them to break the fast and make it up later, if we feel fasting will in any way jeopardise their performance.
- If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.
- All invigilators will keep a close eye on all pupils who are fasting in order to help avoid any disruptions to other pupils not involved.