

# St Stephen and All Martyrs CE Primary School

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## Fasting Policy

Reviewed: March 2025

Review by: March 2026

St Stephen & All Martyrs' CofE Primary School celebrates and respects all members of its school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practising Muslim homes are enthusiastic and get a great sense of achievement in joining their families in taking part in the spirit of Ramadan and often begin at a younger age. It is recommended in guidance issued by the Muslim Council of Britain ([www.mcb.org.uk](http://www.mcb.org.uk)) for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults. At St Stephen & All Martyrs' CofE Primary School **we only allow children in Year 6 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 well-being very closely.

### Aims and Objectives

- To provide a safe environment for children who wish to fast during the month of Ramadan.
- To ensure the proper care of children is maintained and to 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, this can be via e-mail, if they wish their child to fast for part or all of the month of Ramadan. Parents must also inform the school immediately if there is any change to this request.
- The parent must inform school in writing either on a Monday, indicating the days their child is fasting that week. OR on a daily basis.
- If a child says that they are fasting, but the school has not received a request in writing from their parent, they will be dealt with in a respectful manner; however, the child will not be allowed to miss lunch, without parent's written permission.
- A space will be provided for children who are fasting, away from the dining hall – to allow for quiet reflection and so to ensure the aroma of food is not unnecessarily experienced.
- Children who are fasting should not be expected to exert themselves physically, so will be asked to sit in the quiet space on the playground at break and lunchtime.
- They will continue to take part in PE lessons – and **should not fast** on these days.
- Currently **Year 6** PE day is **Thursday. (March 25)**
- As is the tradition of the school, RE lessons and assemblies are held during the school year to create an understanding of other faiths and festivals.
- All children who are fasting will need to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need.
- If the school notices signs of dehydration or exhaustion then the child should be asked if they are fasting and advised to terminate the fast immediately by drinking some water.
- 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, **in writing**, if their child is fasting. Parents must also inform the school of any changes to this request.
- 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.

This policy will be reviewed annually by the governing body and will take into account the changing Islamic calendar and any guidance issued by imams, Islamic scholars, experts, Muslim chaplains in the education sector.