

Gossops Green Primary School



Ramadan & Fasting Policy

Last Reviewed on: February 2025
Next review due by: February 2027
Staff Member Responsible: Deputy Principal

OUR VISION
'Delivering equity through education, nurture and ambition'

At Gossops Green Primary School, we believe that every child has the right to succeed, to meet their full potential and to understand that high aspiration and dreams are rightfully theirs to own and pursue, whatever their starting point in life might be.

EQUALITY | **EQUITY**



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1. 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. Alongside this, it endeavours to allow people the time to consider those less fortunate than themselves and promotes donation of money and vital resources to charities.

2. Aims and Objectives

- To further develop understanding of the different faiths represented in the school population
- To facilitate religious practices 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/carers informed if their child is unwell

3. 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
- However, the school has been advised that fasting does not become obligatory until the age of puberty (approximately the age of Year 5 upwards) and as such the school only does not encourage children below Year 5 to fast. Primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children

4. Implementation

- **Parents/carers must inform the school via the online form (the link is in Appendix A of this policy) prior to the start of Ramadan if their child is going to participate in fasting and any relevant details e.g. what this includes / if it is only on specific days**
- **The school will keep a list of which children are fasting, and parents will need to inform the school in writing if there is a change in circumstances**
- **Unless stated otherwise on the form, school will assume that children that are fasting are fasting everyday of the week**
- Gossops Green Primary School does not encourage children younger than Yr5 to fast (see Inclusion section of this policy).
- 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
- 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
- Pupils who are fasting at Gossops Green Primary will spend lunchtimes away from the dinner hall
- Gossops Green Primary School will inform parents/carers immediately if their child, who is fasting, becomes unwell
- Any pupils who fast will be expected to participate in regular school activities.
- Prior to Ramadan, the school will hold an assembly about the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school
- The school will not teach RSE (Relationship and Sex Education) during Ramadan
- Music will be limited to lessons and formal learning activities used for teaching purposes only. This includes assemblies and other mentor sessions as part of the students' learning journey

5. Implementation during SATs

- If Ramadan falls during SATs, (or the revision period leading up to SATs) the school will offer advice to fasting pupils, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness
- We ask that parents of pupils fasting will inform their children of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance

6. Physical Education

- Pupils who are fasting are able to partake in physical activities, as long as they are not putting themselves at risk or danger
- Staff teaching PE, will accommodate students as much as possible. However, we cannot withdraw students from lessons. It is a legal requirement that all subjects are taught that are part of the national curriculum; this is a government set agenda and we must follow what is

legally required. However, staff will try to help students if appropriate and they can take other roles such as being a referee or taking scores if feeling the activity is too much due to fasting. We are impressing on students the need to be respectful about this

- Pupils will not do strenuous exercise, as they will be at high risk of headaches, tiredness, thirst, and drowsiness, due to dehydration

7. Health and Safety

- A person who is fasting can take no oral medication: however, in an emergency the school will administer any medicine that is deemed necessary
- If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child may not be permitted to fast at school
- Children who are fasting should not be expected to exert themselves physically.
- 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 – this may include encouraging the child to break their fast by eating a piece of fruit or toast and having a drink of water
- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then a teacher will advise the pupil, to terminate the fast immediately by drinking some water. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later
- Children are made aware through assembly and reinforced by staff that there is no obligation for young children to have to fast before puberty stage. In addition, it will be shared that it is up to individuals and their families to consider whether they want to fast at this stage of their lives

Appendix 1 – Link to Online Form

Ramadan ‘Notification of Fasting’ Form

[Ramadan - Notification of Fasting - Form](#)

Appendix 2 – Letter to Parents/Carers

Dear Parents and Carers

We understand that for Muslims, the Holy Month of Ramadan is the most anticipated month as a time of reflection, mediation, charity and appreciation and we are aware that many of our students will be observing Ramadan. It is important that parents understand the school's responsibilities to those children who may wish to consider fasting.

For your information, the school has been advised that fasting does not become obligatory until the age of puberty (approximately the age of Year 5 upwards) and as such the school does not encourage children below Year 5 to fast. Primary age children become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. **Ramadan and Fasting Policy** – this can be found on our website here: [Policies | Gossops Green Primary School](#)
2. **'Notification of Fasting' Online Form** – Parents/carer who wish to give permission for their child to fast during Ramadan whilst at School, will need to complete, this online Microsoft Form - [Ramadan - Notification of Fasting - Form](#)
3. **Requests for Food** – As the School is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed Form has been provided
4. **Illness** – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed form has been provided and may call the child's parents or guardians, and the emergency services, if they believe that it is necessary
5. **P.E.** – During fasting children can participate in P.E/Games lessons as long as they are not putting themselves in danger by doing over strenuous exercise causing headaches, tiredness drowsiness or dehydration

We hope that the above is clear, but please do not hesitate to contact me if you have any questions.

Kind regards



Mrs S Dunne
Principal
Gossops Green Primary School