

| | |
|---------------------|----------------|
| Policy Name | Fasting Policy |
| Policy Number | POL031 |
| Date of Issue | March 2023 |
| Author | Miss S Anam |
| Reviewed by | |
| Date of next review | March 2025 |

This policy was devised to support children in school during religions and philosophies practice fasting. Whilst we recognise that fasting is not compulsory before the age of puberty.

Children may choose to fast to prepare them for adulthood. We do not encourage children from reception to year 4 to fast.

Aims and intent of the policy

- To provide a safe environment for children who have permission and wish to fast for religious observance. Eg 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.
- To ensure all children are valued, recognised and respected as part of the Equalities Act (2010) and in recognition of protected characteristics.

Definition

Fasting is the willing abstinence or reduction of some or all food, drink, or both, for a period of time.

Certain religions and philosophies practice fasting. Fasting can last for just a few hours or even a few weeks, usually with practitioners eating at night.

Implementation

All parents must provide the school with written consent if they wish their child to fast for religious purposes.

If a child informs a member of staff that they are fasting, but the school has not received a notification from a parent or carer, school will contact the parent/carers in the first instance. A child will not be allowed to miss lunch or not drink water without written parent consent.

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

For Health and Safety reasons, pupils who are fasting are not expected to have active physical education lessons at the time they are fasting. During the time of high physical exertion of PE, the relevant children will complete some health-related learning.

Children who are fasting are advised not to participate in rigorous activities such as playing football or running around at lunch time. Children who are fasting will have the opportunity to stay inside in a classroom or undertake prayers in a quiet room. The children will be under adult supervision at all times. If a child, who is fasting, chooses to go outside they will be encouraged to make use of quiet areas on the playground in order to conserve their energy.

All children who fast are to bring an emergency snack in case of feeling unwell. Children will have access to fruit, bagels and water if required in an emergency.

If a child becomes distressed or is unwell whilst they are fasting, the school has an overriding safeguarding duty of care. If there are any signs of dehydration or exhaustion, the child will be offered guidance regarding drinking water or eating their emergency snack. Where we have any concerns regarding a child's health the school will contact the parent/carer to inform them.

If a child has a medical condition that would be complicated by fasting, eg diabetes, the child will **not** be permitted to fast at school.

Health and Safety

- Parents must inform school if their child is fasting by the completing the fasting form.
- School will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast are to conserve their energy and PE lessons will be adapted to meet their needs during fasting.

Fasting Permission Slip

Please can you sign the consent form below to confirm your child has permission to fast whilst at school. The completed form is to be returned to the class teacher.

Fasting Consent

Child's Name: _____ **Class:** _____

- I give permission for my child to fast during the period of Ramadan.
- I have read the School Fasting policy and understand how this will be implemented.
- I confirm my child has no medical conditions or circumstances that might be affected by fasting.
- If my child becomes unwell/faint during a fasting period, I understand that the school will ask my child to break their fast and drink water/eat food. The school will inform me if this is the case.

Signed (Parent/Carer): _____

Print Name: _____ Date: _____



| | |
|--------------------|--------------------|
| Date | March 2023 |
| Change Made | Version 1.0 |
| Made By | SA |