FASTING PROCEDURE

Aims and Objectives

- To provide a safe environment for pupils who wish to fast during part or 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.
- 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.

Implementation

- All parents/carers 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/carers complete a 'fasting permission slip'; these slips are available from the office or can be emailed on request.
- If a pupil says that they are fasting, but the school has not received a permission slip from their parent/carer, they will be dealt with in a respectful manner; however the pupil will not be allowed to miss lunch.
- Pupils who are fasting should not be expected to exert themselves physically, although timetabled curriculum sporting lessons will still take place.
- Pupils who are fasting will be encouraged to make use of quiet areas on the playground at breaktimes in order to conserve their energy.
- All pupils that fast will need to bring an emergency snack with them to school daily. This should be something healthy at stated in our welcome information.
- In the rare circumstances of a pupil becoming distressed or unwell when he or she is fasting, the school will encourage the pupil to break their fast by eating their emergency snack and having a drink of water.
- If a pupil has a medical condition that would be complicated by fasting, e.g. diabetes, the pupil will not be permitted to fast at school.

Health and Safety

- Parents/carers MUST inform the school via a permission slip if their child is fasting.
- The school will inform parents/carers immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games other than the curriculum lessons.

Inclusion

- There is mutual co-operation between the parents/carers of pupils who are fasting and the school.
- All pupils in the school are encouraged to feel positive about their family, their culture and their faith.

Updated by Mr O Halliwell: February 2025

QEGS
BLACKBURN

Ramadan Fasting Permission Slip

Child's Name: _____

Class: _____

I give permission for my child to fast during the period of Ramadan. I will email the class teacher with the days that my child will be fasting.

I have read the Queen Elizabeth's Primary School Fasting Procedure and understand how the school will implement this.

Parent/Carer Signature: _____

Print Name: _____

Date: _____