



Fasting Policy

Status	Current
Maintenance	Pupil Welfare
Approval	Pupil Welfare
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Review Date	31 st December 2028
Signed by	 Mrs E Hodge (Headteacher) – 02/02/2026
	 Mrs K Edern (Chair of Governors) – 02/02/2026

Fasting Policy

This policy was devised in consultation with a range of members of the school community including representatives from different religions. Our school serves a diverse community with many different languages and faiths. We respect all the members of our community and endeavour to meet their needs within our school.

Whilst we recognise that fasting is not compulsory before the age of puberty in some religions, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood. We do not encourage children in KS1 to fast, but as part of our commitment to respecting all faiths, we understand that each family has their own religious views and wishes. If anyone younger than Y5 and Y6 wish to fast, then a discussion must be held with a member of the Senior Leadership Team prior to fasting.

Aims and Objectives

- To provide a safe environment for children who wish to fast for religious reasons.
- To ensure the proper care of children 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.

Implementation

- All parents/carers must inform the school in writing if they wish their child to fast for religious reasons. We ask that parents send in confirmation through writing (letter or email) if their child is fasting for a short period of time (e.g. half-way through the Islamic month before Ramadan), or, complete a 'weekly fasting permission slip' for the month of Ramadan; these slips are available from the office. **This will be done weekly to help assist school in arranging provision for children who are fasting; it must not be on a 'day-by-day' basis. Notice must be given on a Monday morning.**
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be supported in a respectful manner; however, we will not allow children to fast unless we have written consent from a parent/carer.
- Children who are fasting should not be expected to exert themselves physically as they usually would; however, we do expect children to participate where they can in PE lessons (including swimming).
- If a child is due to do swimming as part of their PE curriculum, we recommend that they do not fast on these days.
- As is the tradition in the school, RE lessons and assembly themes will be held during the school year to create an understanding of the different faiths within the school community.
- In the rare circumstances of a child becoming distressed or unwell when they are fasting, the school will attempt to make contact with the parents/carers; however, if it is not possible to make contact, we will encourage the child to break their fast by eating a snack and having a drink of water. This is our legal responsibility for the children in our care.
- 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.

- School will provide a space for children who are fasting to stay in at lunchtimes. This will be supervised by staff.
- School will provide a packed lunch for children who are fasting and who are also eligible for Free School Meals to take home at the end of each day.

Health and Safety

- Parents MUST inform the school via weekly permission slips if their child is fasting. This must be done on the Monday morning of each week.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy where possible.
- If the health and safety of any child is being adversely affected because of fasting, then parents/carers will be invited in for a discussion with a member of the Senior Leadership Team.

Inclusion

- There is mutual co-operation between the parents/carers 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.

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