



KENNINGTON
PRIMARY SCHOOL

Ramadan and Fasting Policy

| <i>Reviewed by</i> | <i>Date</i> | <i>Signed</i> |
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| <i>HT & Governors</i> | <i>October 2019</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>October 2020</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>October 2021</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>October 2022</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>October 2023</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>September 2024</i> | <i>S Pritchard</i> |
| <i>HT & Governors</i> | <i>September 2025</i> | <i>S. Pritchard</i> |

For a variety of reasons, at certain times some individuals or communities may choose to have a period of fasting. Within Kennington's current school community, this is predominantly during the month of Ramadan for families who practise the Islamic faith.

This guidance is based on the guidance provided by the Standing Advisory Council on Religious Education (SACRE) who have consulted with groups such as the Muslim Council of Britain. The SACRE guidance is also available to download from our website.

There is no obligation for children to fast if they have not reached the age of maturity (puberty).

However, there will be children who want to experience fasting alongside their family and older friends. In line with SACRE guidance, at Kennington, children who have not yet reached puberty but want to experience fasting should do so at weekends or during the half-term. 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) for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults.

The school day places considerable mental and physical demands on children. If they are able to experience fasting when they are not also at school all day, they will be able to have appropriate rest and support.

For those children who are in Y6 who have already reached puberty and want to fast as a result, we ask that the below guidance is followed so we can ensure the health and safety of your child.

Aims and Objectives:

- To provide a safe environment for children who wish to fast and have reached the age of maturity.
- To ensure proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different beliefs held by the school population.

Process:

- All parents must inform the school in writing if they wish their child to fast.
- 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.
- Children who are fasting should avoid over-exerting themselves physically.
- Children will be expected to continue participating in PE lessons but we will monitor them closely and ensure they do not over-exert themselves.
- All children who are fasting can either go home at lunchtimes – if they are collected by an authorised adult – or stay at school. There will be suitable seating areas available outside but children who wish to socialise with their peers in the dining hall who are not fasting will be allowed to.
- We are not able to provide a separate room for children who are fasting.
- As is the tradition in the school, RE lessons and assemblies will be held during the school year to create an understanding of different faiths and beliefs.
- All children that fast should bring an emergency lunch with them to school daily.

- If circumstances of a child becoming distressed or unwell arise when he or she is fasting, the school will encourage the child to break their fast by eating their emergency snack or by providing them with a snack from school and having a drink of water. The school will also contact the emergency contact provided by their parent or carer.
- 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 as we cannot ensure their safety and wellbeing.

Health and Safety:

Parents must inform the school in writing if their child is fasting.

- The school will inform parents immediately if their child becomes unwell.
- Children who fast should conserve their energy and avoid over-exerting themselves.

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.