

Religious Fasting Policy

St Andrew's Church of England Primary School

We believe that 'Everyone is different. Everyone is special'. As Jesus taught us to love unconditionally, so we strive to nurture respect for all; to provide a rich and stimulating curriculum that considers the individual; and to care for the intellectual, social and spiritual well-being of our whole school community - encouraging positive engagement with the wider world, as affirmed through our school values and parable of the Good Samaritan.

Jesus said, "Love the Lord your God ..." and, "Love your neighbour as yourself." Luke 10:27



At St Andrew's we are committed to keeping pupils and staff safe. Our school policies are an essential part of the way we safeguard all members of our diverse school. We support democracy, the rule of law, individual liberty, mutual respect and tolerance of different faiths and beliefs. These principles help us to listen to each other and learn from each other to create a safe and rich learning environment for pupils and staff alike.

Approved by:	TLIS	Date: 07/03/24
Last reviewed on:	March 2024	
Next review due by:	March 2026	

Religious Fasting Policy – fasting during Ramadan

St Andrew's Primary School wishes to support children in understanding and practising their faith, and to encourage all children to learn about and be respectful of different beliefs: Everyone is different; everyone is special. We recognise the importance of fasting during Ramadan within the Islamic faith for adult Muslims, and aware that within Islamic tradition children under the age of puberty are not required or expected to fast. Whilst most primary school children are considered too young to take part in the full fast, some older children may wish to take part in a partial fast, and this is a personal decision for children and their families.

Aims and Objectives

- To provide a safe environment for children who wish to fast during part or all of the month of 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.

Implementation

- All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan, and be ready to discuss this with school staff.
- Whilst fasting is a personal decision for children and their parents we would not normally consider it appropriate for children younger than Years 5 and 6 to be taking part in the fast, and we would encourage all parents to consider whether a partial fast is more appropriate for any children wishing to fast during Ramadan.
- If a child says that they are fasting, but the school has not received permission from their parent, they will be dealt with in a respectful manner and encouraged not to miss lunch.
- Children who are fasting should not be expected to exert themselves physically, and pupils who are fasting may be allowed to miss active physical education lessons at the time they are fasting.
- Children who are fasting will be encouraged not to participate in vigorous activities such as running around at lunch time. They should instead make use of quiet areas on the playground in order to conserve their energy.
- For children that are fasting we encourage the bringing of an emergency snack. In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will encourage the child to break their fast by eating their emergency snack and having a drink of water.
- 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.
- In the case of a medical emergency, that requires the administering of medicine or emergency treatment, the school may do so without first seeking the additional permission of parents in respect of fasting.

Health and Safety

- Parents **MUST** inform the school in writing if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.