



Pear Tree Community Junior School
Pear Tree Street
Derby
DE23 8PN

Monday 4th March 2023

Dear Parents and Carers

Ramadan Fasting 2024

Ramadan Mubarak!

The period of Ramadan is fast approaching and at Pear Tree Community Junior School, we understand how special and sacred this time is to Muslims across the world. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood.

Some of our older children in school have always expressed a wish to take part in fasting. Please see the attached policy which sets out our procedures and expectations if a child wishes to fast whilst at school.

To ensure that we can support you and your child's wishes as well as communicate if we have any concerns, please let us know if your child will be fasting this year. You can either ring or e-mail school or write a letter to confirm your child's participation. Please note, your child can choose to opt out at any point or on any days.

Best wishes,

Arvinder Badwal
Acting Head of School



Pear Tree Community Junior School

Ramadan Fasting Policy

This policy was devised in consultation with members of the school staff who represent the Muslim faith. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood.

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 if they wish their child to fast for part or all of the month of Ramadan. We ask that parents contact the school office to communicate their wishes.
- If a child is fasting, parents will need to ensure they have had a 'Suhur' breakfast/meal before they arrive at school in the morning.
- If a child says that they are fasting, but the school has not received permission from their parent, we will try to contact parents; however, should we be unable to make contact the child will not be allowed to miss lunch.
- If children are doing PE, then we ask parents to be mindful of this and ensure their child has a snack / packed lunch in school in case your child needs to eat and drink to participate or recuperate from the lesson.
- If necessary, children will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- All children that fast are invited to bring a healthy snack with them to school.
- 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 healthy snack and having a drink of water.
- If a child has a medical condition that would be complicated by fasting, e.g diabetes, we will discuss these individual needs with parents.

Health and Safety

- Parents must inform the school if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must let staff know if they need support.

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.
- A space to pray can be provided for the children. Please discuss this with your child's class teacher.

Date Written: March 2022

Reviewed: March 2024