



# 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:** January 2026