



MARKLAND HILL C P SCHOOL

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Ramadan and Fasting Statement of Practice

At Markland Hill CP School, we recognise that Ramadan is an important and special time for many families. Fasting for religious observance is a private matter between a person and his or her God. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we are aware that children are sometimes encouraged to fast, or indeed wish to fast.

We recognise that this is only one aspect of observance during Ramadan and children can show their commitment in a variety of ways such as trying not to argue, discuss others in a negative way or to become angry with others. Parents may also consider encouraging a range of ways that children of this age could begin practising the observance of fasting; for example, by fasting for part of the day or during the weekend when activities are not so demanding.

It is important to understand that, as a school, we have a duty of care towards the children's wellbeing. We also have an obligation to make sure all children participate fully in the curriculum and progress with their learning throughout the year. We believe that if a child of primary school age is not drinking water, they are at risk of not being able to participate fully during a long summer day. This is a situation we face in the United Kingdom when Ramadan falls during the Summer Term. It is also important for parents to know that children sometimes feel pressurised by other children to fast and that, as they are very young, this can become competitive.

We do not encourage children at primary school age to fast; this is particularly the case for younger pupils. We will therefore only allow children in Upper Key Stage 2 (Years 5 and 6) to fast. Children who wish to fast in these year groups must follow the procedures outlined in this document. However, it is important to note that all children will be taught about the importance of Ramadan through our inclusive curriculum.

This Statement of Practice was devised in consultation with a range of members of our school's community.

Health and safety procedures:

1. All parents/carers must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. Parents must inform the school in writing if they wish their child to fast. We ask that parents complete a 'weekly fasting permission slip'.
2. 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, we will not allow children to fast unless we have written consent from a parent/carer.
3. Unless we have been told that a child is fasting by a parent we will expect them to eat snack/ lunch as usual.
4. The National Curriculum is compulsory at Markland Hill School; therefore Physical Education activities will still take place at least twice weekly, even for children who are fasting. Parents should take this into account when considering the fast.
5. Trips and educational visits are planned within the curriculum these days should also be considered.
6. In the rare circumstances of a child becoming distressed or unwell when he or she is 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.
7. If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child will not be permitted to fast in school.
8. We do not have staffing to supervise children who are fasting to remain in the school building so they will be expected to go outside with their peers.

Implementation during Assessment or SATs

If Ramadan falls during SATs, the revision period leading up to SATs or any Assessment week, we ask parents of all fasting pupils to be mindful of how this may impact on their performance during the assessment period.

Updated by Jessica Kavanagh

March 2023

Ramadan Fasting

Weekly Permission Slip



Pupil Name:

Week beginning:

Class:

Please tick the days your child will be fasting:

Monday	Tuesday	Wednesday	Thursday	Friday

Parent signature:

Ramadan Fasting

Weekly Permission Slip



Pupil Name:

Week beginning:

Class:

Please tick the days your child will be fasting:

Monday	Tuesday	Wednesday	Thursday	Friday

Parent signature: