



DOWNSVIEW PRIMARY SCHOOL

FASTING POLICY

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FASTING POLICY/GUIDANCE

Downsview Primary and Nursery School celebrates and respects all members of its school community and strive to adopt a positive attitude towards all aspects of life including religions, cultures and ethnic backgrounds.

During the month of Ramadan - whilst we recognise that fasting is not compulsory before the age of puberty in Islam - we understand that children from many practising Muslim homes are enthusiastic and get a great sense of achievement in joining their families and taking part in the spirit of Ramadan, often beginning at a younger age. However, as a school we acknowledge that while bringing many benefits, strict fasting throughout Ramadan is likely to impact on younger pupils' overall well-being and their cognitive performance. Therefore, we will question the appropriateness of pupils fasting below year 4 as, in our experience, this can have a detrimental effect upon a child's overall performance. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents to supervise their health and well-being very closely.

Aims and Objectives

- To provide a safe environment for children, who wish to observe fasting during part or all of the month of Ramadan.
- To ensure that the proper care of children is maintained and to keep parents informed, if their child is unwell.
- To further develop understanding and respect of the different faiths represented in the school community.

Implementation

- All parents must inform the school in writing either via ClassDojo or email if they wish their child to fast during part or all of the month of Ramadan.
- If a child says that they are fasting and the school has not been informed in writing, the matter will be dealt in a respectful manner; however, the child will not be allowed to miss lunch until teachers have confirmed with parents that they have consented.
- Children who are fasting should not be expected to exert themselves physically.
- P.E. teachers will be informed and children who are fasting will take part in Physical Education lessons but will be carefully monitored and offered opportunities to take a break if necessary.
- During play time, fasting-children will be encouraged to make use of quiet, shaded areas of the playground.
- As is the tradition of the school, RE lessons and assemblies are held during the school year to create an understanding of other faiths and festivals.

- All children who are fasting will be encouraged to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need.
- If the school notices signs of dehydration or exhaustion then the child should be asked if they are fasting and advised to terminate the fast immediately by drinking some water.
- In the rare circumstances of a child becoming distressed or unwell when they are 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, they will not be permitted to fast at school.

Health and Safety

- Parents must inform the school in writing if they wish their child to fast.
- The school will inform parents as soon as possible if a child becomes unwell.
- Children, who are fasting, must conserve their energy and not participate in physically strenuous activities.

Inclusion

- There is mutual respect and co-operation between the school and parents of children who are fasting.
- All children in school must be encouraged to be proud of and feel positive about their family, culture and faith.