St. Luke's CE Primary School
Ramadan Policy

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.

Ramadan – An overview

- Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30 day period of fasting, self-control, charity-giving and goodwill to others.
- Those who fast during Ramadan are not allowed any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self, through prayer and reflection.

Health & Safety

- Parents/carers will inform the school in writing if their child is going to participate in fasting.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, a phone call will be made home to confirm this.
- Pupils who are fasting at St. Luke's CE Primary School will have the option to spend lunchtimes away from the dinner hall.
- School will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- Any pupils who fast will be expected to participate in regular school activities.
- If your child is currently taking prescription medication, please speak to us to say how you would like to manage this.

- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, staff will contact home for permission to break their fast.
- 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.

Physical Education

- Pupils who are fasting are able to partake in physical activities, as long as they are not putting themselves at risk or danger.
- Pupils will not do strenuous exercise, as they will be at high risk of headaches, tiredness, thirst, and drowsiness, due to dehydration.

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.

I**mplementation**

- During Ramadan, the school will dedicate some Worships to the Muslim faith and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.
- The school will consider the possible impact fasting and late-night prayers during Ramadan.

Implementation during SATs

- If Ramadan falls during SATs, (or the revision period leading up to SATs) the school will offer advice to fasting pupils, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- We ask that parents of pupils fasting will inform their children of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.

This policy was written by: S Dean, N Reynolds and M Shaw
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