CHARTRIDGE COMBINED SCHOOL

Fasting Policy

The policy was approved Summer 2023

The policy is to be reviewed Summer 2026

At Chartridge Combined School we respect the beliefs and practices of all faiths. 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. We do not encourage children in KS1 to fast.

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.

Implementation

- All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan.
- If a child says that they are fasting, but the school has not received written permission from their parent, they will be dealt with in a respectful manner; however the child will not be allowed to miss lunch.
- Children who are fasting should not be expected to exert themselves physically.
- For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting. At this time they will do some health related learning.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- RE lessons are planned to help all children develop an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance with our Healthy Eating Policy.
- 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 emergency snack and having a drink of water.
- 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.

Health and Safety

- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.

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.