



## *Fasting Policy*

*Approved by: Headteacher*

*Date: September 2024*

*Last reviewed on: September 2024*

*Next review due by: September 2025*

Hale Prep School celebrates and respects all members of the school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practicing Muslim homes are keen to fast and get a great sense of achievement in joining their families in taking part in the spirit of Ramadan and often begin at a younger age. It is recommended in guidance issued by the Muslim Council of Britain ([www.mcb.org.uk](http://www.mcb.org.uk)) for children to practise shorter and partial fasts to train them for complete fasting when they become adults.

#### **Aims and Objectives:**

- To provide a safe environment for children who wish to fast during Ramadan.
- To maintain the proper care of children 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 Ramadan. Parents must also inform the school immediately if there is any change to this request.
- If a child says they are fasting, but the school has not received a written request from their parent, they will be dealt with respectfully. Parents will be called to confirm what decision has been made.
- Children who are fasting will **not** continue to take part in PE lessons.
- If the school notices signs of dehydration or exhaustion, in consultation with the child's parents, the child will be advised to terminate the fast immediately by drinking some water.
- In the rare circumstances of a child becoming distressed or unwell when fasting, the school will encourage them to break their fast by eating and drinking water. Again, this will be done in consultation with the child's parents.
- If a child has a medical condition complicated by fasting, such as diabetes, the child will not be permitted to fast at school.

### **Health and Safety:**

- Parents **MUST** inform the school, in writing, if their child is fasting.  
Parents must also inform the school of any changes to this request.
- The school will inform parents immediately if their fasting child becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.

### **Inclusion:**

- There is cooperation between the parents of fasting children and the school.
- All children in the school are encouraged to feel optimistic about their family, culture, and faith.

This policy will be reviewed annually by the headteacher. It will consider the changing Islamic calendar and any guidance issued by imams, Islamic scholars, experts, and Muslim chaplains in the education sector.

