



Chad Vale Primary Fasting Policy

At Chad Vale Primary School we follow:

- The policies and procedures from Birmingham City Council and Birmingham Safeguarding Children Board (BSCB) which includes the Government's Prevent strategy.

Policy Written by:	Rachel Wain
School adoption date:	May 2018
School's review date:	February 2024
Next review:	February 2028

Version control	Updates
Formatting updates, minor amends (in yellow)	Feb 2024

This policy was devised for Chad Vale Primary school, for those children in KS2 who wish to fast during Ramadan.

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 that parents are informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

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 a permission slip from their parent, they will be provided with food and drink. An appointment with parents will



then be arranged to discuss the child's wishes.

- Children who are fasting should not be expected to exert themselves physically during Physical Education lessons. At this time they will do some health related learning or the lesson will be adapted to reduce the level of physical activity required
- As is the tradition in the school, RE lessons and assemblies will be held during the school year to create 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

- Parents MUST inform the school via a written letter if their child is fasting.
- 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.

Policy agreed on:

Chair of Governors: