

Fasting Statement of Practice

Introduction

This statement of practice was devised in consultation with a range of stakeholders of the school community, including representatives from the Islam faith. At Clarendon Primary School, we respect and value the different cultures and faiths that we serve within our community and endeavour to meet their needs within our school. This statement of practice outlines how school will ensure that a safe environment is provided for children who wish to fast during part or all of the month of Ramadan and includes how school and parents/carers will work together to ensure that appropriate care and involvement in school life is maintained.

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 to keep parents/carers 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.

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.

Implementation

If children in Year 5 or 6 wish to fast, we ask parents/carers to complete a permission form (see below for more detail). Without this, we will not be able to allow children to fast in school.

We do not allow children in KS1 or lower KS2 (Years 3 and 4) to fast.

Clarendon Primary School will:

- Incorporate learning about Muslim faith and traditions into our RE lessons and assemblies across the school year, as we do with all cultures and religions represented in our school and community, according to the Bolton syllabus.
- Recognise that fasting and charitable activities during Ramadan are viewed as a positive achievement.
- Provide a clear system for parents / carers to notify school about children's fasting arrangements. This will be completed prior to the fasting period and children will be asked daily if they are choosing to fast or not.
- Provide a supervised space for children who are fasting during lunchtimes.
- Ensure that all staff who work with children who are fasting are aware and able to support the children.
- Be aware of the possible physical impact of fasting, for example, headaches or reduced concentration.
- Attempt to make contact with parents / carers if a child who is fasting is feeling unwell or wants to break their fast. However, if we are unable to make contact with parents / carers and we feel that the child's health is being impacted, we will carry out our Safeguarding duty and responsibility for the children in our care by encouraging them to break their fast.
- Not give permission for children with a medical condition, which could be complicated by fasting (e.g. diabetes), to fast at school.
- Expect children to continue to access the full school curriculum, which includes PE and Music, and continue to engage in the life of the school.
- Make efforts to plan swimming and puberty lessons outside of the month of Ramadan, whenever possible.
- Make use of timetable variations when this is possible, if Ramadan falls during End of KS2 assessments (SATs).

We would ask parents / carers of Year 5 / 6 children to:

- Complete a permission form (on the school app) to notify school if their child is fasting. This should be done before the period of fasting to enable school to ensure appropriate supervision is in place for all children. If this is not received, we will not be able to allow your child to fast in school.
- Parents are asked to speak to their children about their decision to fast; school will ask the children on a daily basis if they are fasting and take the child's word as to whether or not they are. Parents are expected to support the child's right to make their own choice (on a daily basis) based on how they are feeling.

- Communicate regularly with school staff regarding fasting arrangements and in order to ensure the ongoing health and wellbeing of the children.
- Continue to promote good school attendance and engagement in all parts of school life.
- Consider which days children will be expected to take part in PE lessons, including swimming lessons, when making fasting arrangements.
- Consider the importance of end of KS2 assessments (SATs) and how to support children to perform well in these as well as engaging in the spirit of Ramadan, if Ramadan falls during End of KS2 assessments.