




## Campsbourne School Fasting Policy

Policy Originator	Jonathan Smith
Governor Responsible	Chair of Governors
Status	Approved
Last reviewed	Summer 2018
Ratified on	12.07.2018
Review period	Annually
Signed by Chair of Governors	

We acknowledge that for some children, fasting may occur at other times of the year and not just Ramadan.

### **Policy for Fasting**

#### **Aim:**

To ensure that:

- all members of the school community give due respect and consideration to the importance of fasting for some faith communities
- the continuing education for all children, whether fasting or not, is not compromised.

#### **The 'Fasting Month': (Islam)**

Ramadan is an important time for Muslims. Fasting during the month of Ramadan is the third 'Pillar' of Islam and is an act of worship of great spiritual, moral and social significance for all Muslims. The physical dimension of fasting involves completely abstaining from all forms of nourishment - food, liquids (including water) - from dawn to sunset for the whole lunar month. It is customary for all males and females to fast once they reach the age of puberty. Younger children may fast for all or part of the month, but this is optional.

#### **Changes at Home:**

Family life and circumstances may change for Muslims during this time. It is necessary to ensure that all school staff have an understanding of the religious requirements of the Muslim families. It is also necessary for parents to understand the school's requirements that will enable the education of all children, including Muslims, to continue to comply with education law in this country, and at the same time to keep their own faith. During Ramadan, Muslim families are encouraged to continue with normal life rather than make changes.

#### **The Effects on Children:**

At Campsbourne, we need to be aware of important considerations in relation to children's health and well-being during Ramadan. Children fasting will get up before dawn to have their breakfast with their families. This interrupts their sleep pattern. When Ramadan falls during the summer months, children will need to stay up later than usual. Depending on the time of year, some of the older children will go for long periods without eating. This affects their levels of concentration, well-being and behaviour, which can impact on the rest of the class. Some children may feel unwell during the day.

**Due to the effects of fasting on children, Campsbourne governors respectfully suggest that parents should encourage their children not to fast during the school week in the interests of their physical health and wellbeing.**

**Campsbourne School will seek to support children observing Ramadan by:**

- recognising and celebrating the spirit and values of Ramadan through collective worship, class and year group assemblies;
- making prayer space available during the month of Ramadan for Year 5 and 6 children;
- avoiding the testing of children who are fasting (except in the case of KS1 / 2 statutory tests);
- avoiding holding parent meetings which could clash with 'Iftar' (*breaking the fast*);
- authorising one day's absence to celebrate Eid Al Fitr and Eid Al Adha (*Muslim holiday*);
- requiring parents, who wish their child to fast, to inform the school before the start of Ramadan. **(The school will not support a child fasting if parental permission has not been given in advance.)**
- asking parents for their consent, when they give permission to fast in advance of the start of Ramadan, that their child may be given food and drink, should they feel unwell;
- allowing children in Year 6 to fast, but only on the days when they do not have P.E.;
- encouraging children who fast to spend their playtimes sitting quietly, in the shade, reading or chatting to their friends and discouraging them from playing physically demanding games;

- offering parents the choice of taking their children home to rest at lunchtime for the duration of Ramadan;
- understanding that younger children, in the years below 6, may want to fast and pray. However, they should not fast for the whole day, but may miss breakfast and bring a fruit snack to eat at playtime.

The school will always endeavour to address the wishes and concerns of individual families to agree arrangements which satisfy both educational and religious requirements.