St John's Primary School

Executive Head Teacher: Mr M Stevanovic / Head of School: Mrs N Patel
Green Man Gardens, West Ealing, London W13 0SE / Tel: 0208 567 6251
Email: adminoffice@st-johns.ealing.sch.uk / Website: www.st-johns.ealing.sch.uk

Ofsted Outstanding Provider

Ramadan Fasting Policy

Governor Responsible	FGB
Last Reviewed	October 2021
Ratified On	October 2025
Review Period	4 years (October 2029)

1 St John's Primary School Ramadan and Fasting policy 2021
This policy was devised in consultation with a range of members of the school community including a range of leaders, teachers and representatives from the Muslim religion.

St John's School celebrates and respects all members of its school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practising Muslim homes are enthusiastic and feel a great sense of achievement in joining their families in taking part in the spirit of Ramadan and often wish to begin at a younger age. It is recommended in guidance issued by the Muslim Council of Britain (www.mcb.org.uk) for children to practise shorter and partial fasts in order to prepare them for the full fasting when they become adults. At St John's Primary School we only allow children in Year 6 to fast as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance and in some cases may pose a risk to their health. Children in lower year groups may be supported to fast at home at the weekend if required, allowing parents to supervise their health and well-being very closely. *It was agreed at a meeting with our parents and our Muslim community leaders that during PE days children will not fast.*

Aims and Objectives

- To provide a safe environment for children who wish to fast during Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop respect and understanding of the different faiths represented in the school population.

Implementation

- All parents must **inform the school in writing** (email, letter or via weduc) if they wish their child to fast during the month of Ramadan. Parents must inform the school immediately if there is a change to this request.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however, the child will not be allowed to miss lunch.
- Children will continue to take part in PE lessons and will not fast during these days.
- Children who are fasting should not be expected to exert themselves physically or undertake rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground to conserve their energy.
- All children that fast will need to bring an emergency snack with them to school daily that also includes water. This should be something healthy. Parents should encourage their children to make use of these should they feel the need.
- 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 in writing, if their child is fasting. Parents must inform the school immediately if there is a change to this request.
- 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.