



**West Green Primary School**  
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**Headteacher: Mr A Hodgson BA (Hons) PGCE**

25<sup>th</sup> April 2019

Dear Parents and Carers,

**Fasting**

The Holy month of Ramadan begins on the 6<sup>th</sup> May. Please find attached to this letter West Green Primary School's Fasting Policy.

Whilst we recognise that fasting is not required before the age of puberty in the Islamic faith, we understand that many younger children will want to join their family and friends in this religious observance. In such cases we will try to respect yours and your child's wishes. However, the National Health Service considers fasting under the age of eight inadvisable. In respect of this we do not encourage children in Year 4 or below to fast.

If children in Year 5 or Year 6 wish to fast for the month of Ramadan, or part thereof, written permission must be provided by the parent/carer for them to do so.

In order that we can provide a safe environment for your child if they wish to fast we ask that you bear in mind the following:

- No child will be able to fast if the school office have not received written consent from their parent/carer.
- An emergency, healthy, snack must be brought in to school each day they are fasting.
- Children who are fasting will not participate in P.E. and should not exert themselves physically. In accordance with this, fasting children will be encouraged to make use of the playground quiet areas during break times.
- In rare circumstances that your child becomes distressed, dehydrated or unwell when fasting, the school will encourage the child to break their fast by drinking water and, if required, eating their emergency snack.
- The school will inform parents immediately if they have concerns about a child's health and/or wellbeing.
- Children with medical conditions that could be complicated by fasting will not be permitted to fast.

Please complete and return the permission slip below for children who wish to fast.

Yours sincerely,

Mr A. Hodgson  
Head Teacher

**Ramadan Fasting Permission Slip**

I give permission for my child: \_\_\_\_\_ Class: \_\_\_\_\_ to fast during the school day.

My child will be fasting between (start date) \_\_\_\_\_ to \_\_\_\_\_

Please provide additional details (e.g. allowed to sip water, will only fast on certain days or part days, etc.)

I give permission for my child to break their fast should they feel the need.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ (Parent/Carer)



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 year 4 or below 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 keep parents 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. We ask that parents complete a 'fasting permission slip'; these slips are available from the office.
- 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 who are fasting should not be expected to exert themselves physically.
- For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting. At this time they will do some health related learning.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy.
- 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 weekly permission slips 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.