

# Sunning Hill Primary School



## Fasting Policy & Prayer Policy

**February 2024**

*Previous review date(s): February 2026*

*Prepared by: C.Whalley in consultation with the Standards Committee*

## FASTING POLICY

### INTRODUCTION

At Sunning Hill Primary School the majority of our pupils follow the Islamic faith. To support our pupils with fasting and prayer during school time we have compiled the following policy.

### Fasting

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. In this respect, it is obligatory for all males and females to fast once they reach the age of puberty. 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 aim to support our school community during their observance of Ramadan but respect that this is a personal choice and may differ from family to family.

This policy 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

In respect of the Muslim children and staff at Sunning Hill, we believe it is essential that we follow these guiding principles:

#### As a school we will:

- Recognise the values of Ramadan in the lead up to and during the month of fasting.
- Ensure all staff develop a good awareness of the factors that may affect the children in their care during Ramadan.
- Support and be considerate to the children and staff who are fasting, partially or fully, during the month of fasting.
- Offer the opportunity for those children in **Y5 & 6** to fast. Most children fast at the age of puberty; however, it is recognised that some families may wish their child to begin to fast before this age to become progressively accustomed by the age of puberty. **Therefore, some children in Year 5 & 6 could fast, either partially or fully.**  
\*If a girl starts puberty before they are in Y5 and their parents wants them to fast, they should speak to a member of the office staff. \*
- Leave the decision as to whether a child decides to fast between the parents/carers and the child.
- Communicate with parents and carers to confirm how many children are fasting or not, so that the school kitchen can be fully prepared, provide the correct number of lunches on a daily basis and be aware of the reduction in the number of lunches needed. A letter will be sent out in advance.
- Allow the child to make the decision to break their fast. If they choose not to but their health is being impacted, we will carry out our Safeguarding duty and responsibility for the child in our care to ensure their health is not impacted.
- Make suitable arrangements to supervise fasting children.
- Raise awareness and understanding of the expectations and traditions of Ramadan for those who are not Muslim.

## FASTING POLICY

- Provide the option for those Muslim children who are entitled to free school meals to take packed lunches home, should they wish to do so at the end of the school day.
- Enter into the charitable spirit of Ramadan by raising funds for the poor (Kidz4Kidz) and the needy in the world.
- Not allow permission to be given for children with a medical condition, which could be complicated by fasting (e.g. diabetes), to fast at school.
- Ensure children 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 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, their child will not be able fast in school.
- Speak to their child about their decision to fast.
- 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.

### **Prayer**

Islam prescribes 5 daily prayers throughout the day. The only prayer that is affected during school time is noon prayer. We understand that older children in Y4, 5&6 may want to perform this prayer.

If a child wishes to pray they must bring a letters to Miss Whalley saying this.

Any child who wants to pray will need to bring their own prayer mat.

The school hall will be available for children to do their prayers during KS2 lunchtime.

### **CONCLUSION**

If any further information or advice regarding any aspect of this policy is needed please contact the school office.