

Sunning Hill Primary School



Fasting Policy & Prayer Policy

May 2025

Previous review date(s): May 2027

Prepared by: C.Whalley in consultation with the Governing Body.

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 **Y 3, 4, 5 & 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.
- 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.
- Children must follow a set pattern for the duration of Ramadan. E.g pupils can fast every day or every Wednesday. A letter will be sent out in advance.
- Children that pay for their school meals must bring a snack or packed lunch in on the day they are fasting in case they wish to break their fast or parents must bring in food if the child needs to break their fast. The school will not be able to supply a lunch.
- 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.
- If a child has paid for a school snack, this will be sent home at the end of each 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 3/4/5/6 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, the child will not be able fast in school.
- **Due to the administrative and safeguarding implications for lunchtime cover and pupils wishing to fast, no child will be allowed to fast if their parent has not given their written consent (via email) by the specified deadline.**
- 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 Y3, 4, 5&6 may want to perform this prayer.

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

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.