



Ramadan Fasting Policy

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Statement of intent

Name of school is committed to providing a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan. The school will further develop the understanding of different faiths represented in the school population, and will encourage a greater knowledge of Ramadan amongst all staff members and pupils.

1. Legislative framework

1.1. This policy has due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010

1.2. This policy also has due regard to guidance documents, including, but not limited to, the following:

- ASCL 'Ramadan and Exams, 2016: information for schools and colleges' April 2016
- DfE 'Keeping Children Safe in Education' July 2015

2. Aims and objectives

2.1. To provide a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan.

2.2. To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

2.3. To further develop understanding of the different faiths represented in the school population.

3. Ramadan – An overview

3.1. 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.

3.2. 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.

4. Health and safety

4.1. Parents/carers will inform the school if their child is going to participate in fasting.

4.2. **Name of school** will inform parents/carers immediately if their child, who is fasting, becomes unwell.

- 4.3. Any pupils who fast will conserve their energy and not join in strenuous games.
- 4.4. No oral medication can be taken by a person who is fasting: however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the Supporting Students with Medical Conditions Policy.
- 4.5. If there are concerns about any pupils who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case by case basis.
- 4.6. If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised, by a teacher, to terminate the fast immediately by drinking some water, in accordance with the school's Health and Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.

5. Physical education

- 5.1. Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger.
- 5.2. Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- 5.3. The school will ensure that any pupils who are fasting are able to decide whether or not they wish to participate in swimming. As the potential for swallowing water is high, some pupils may not feel comfortable in participating in this sport. Other activities will be scheduled to replace swimming during Ramadan if necessary.

6. Implementation

- 6.1. During Ramadan, the school will dedicate some assemblies to the Muslim faith and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.
- 6.2. The school will consider the possible impact fasting and late night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports days, trips and celebrations.
- 6.3. The school will show sensitivity when arranging official celebrations for graduation or the end of exams so they do not offend, or make any pupils who are fasting feel left out.
- 6.4. The school will ensure that parents' evening and any school functions that occur in the evening are scheduled before or after the month of Ramadan.
- 6.5. The school will provide any pupils fasting with a supervised, quiet space to rest during their lunch hour.

- 6.6. The school will ensure that any pupils of the Muslim faith who are not fasting, due to medical or personal reasons, will have a space or area to eat where they feel comfortable.
- 6.7. When Ramadan falls during the winter months, after-school detention for pupils who are fasting could mean that the pupil is not able to reach home in time to break fast. The school will ensure that pupils are able to carry out their religious duty, whilst accepting full responsibility for breaching school rules. Alternative sanctions will be provided during school time if necessary.
- 6.8. The school will ensure that sex and relationship education is not scheduled during Ramadan, as fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid any related thoughts and discourse.

7. Implementation during exams

- 7.1. If Ramadan falls during examination period, the school will offer advice to fasting pupils who have important exams, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- 7.2. The school will ensure that any pupils fasting will be informed of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.
- 7.3. The school will discuss with all pupils during Ramadan if they would prefer revision lessons to be in the morning or in the afternoon.
- 7.4. If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.
- 7.5. All invigilators will keep a close eye on all pupils who are fasting in order to help avoid any disruptions to other pupils not involved.
- 7.6. The school will ensure good room management during hot weather, which will benefit all candidates. The examination room in particular will be shaded, and fans will be supplied where required to ensure pupils who are fasting do not overheat or become dehydrated.
- 7.7. The school will ensure, where appropriate, that there is a prayer room provided near exam locations.

8. Monitoring and review

- 8.1. This policy will be reviewed on a regular basis, ensuring that all guidance and procedures are up-to date.
- 8.2. Any changes made to this policy will be communicated to all members of staff.