



Ivingswood Academy

Fasting Policy

November 2024

This policy was approved by the Local Academy Committee Nov 2024

Next review: November 2028

At Ivingswood Academy we respect the beliefs and practices of all faiths.

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. In line with guidance from Buckinghamshire Standing Advisory Council on Religious Education (SACRE) and in consultation with members of the school community, we would strongly suggest that children in KS1 and Lower KS2 (Y3 and Y4) are not encouraged to fast. If children in Upper KS2 (Y5 and Y6) wish to fast, we strongly recommend that this is done at weekends when children have an opportunity to rest and have the experience of community as they fast together as a family.

Aims and Objectives

- To provide a safe environment for children who wish to fast during part of the month of Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.

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.
- If a child says that they are fasting, but the school has not received written permission 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, including in PE where they will be encouraged not to overexert themselves.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- RE lessons are planned to help all children develop an understanding of the festival of Eid-ul-Fitr.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance with our Healthy Eating Policy.
- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will contact parents/carers and 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 school 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.