



# Ramadan Fasting Policy

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## **Statement of intent**

Ramadan is the ninth month in the Islamic calendar, and it consists of a 29 to 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.

Richardson Dees Primary School is committed to providing a safe environment for pupils who wish to fast during Ramadan. The school aims to 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.

**Ramadan begins on the evening of Sunday 10<sup>th</sup> March 2024 and ends Monday 8<sup>th</sup> April 2024.**

## 1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Equality Act 2010

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

- ASCL (2020) 'Ramadan: Exams and Tests, 2020'
- DfE (2022) 'Keeping children safe in education'

This policy operates in conjunction with the following school policies:

- Administering Medication Policy
- Fasting Risk Assessment
- Health and Safety Policy

## 2. Aims and objectives

Through the implementation of this policy, the school will aim to:

- Provide a safe environment for pupils who wish to fast during Ramadan.
- Ensure the proper care of pupils and keep parents informed if their child is unwell.

Further develop understanding of the different faiths represented in the school population.

## 3. Health and safety

Parents should inform the school if their child is going to participate in fasting.

The headteacher / SENDCo will conduct a Fasting Risk Assessment if any pupils are taking part in fasting.

Staff members will closely monitor pupils that are fasting or partially fasting.

The school will inform parents immediately if their child, who is fasting, becomes unwell.

Any pupils who fast will not participate in strenuous activity, both during lessons and breaktimes. Alternative lessons will be planned for fasting pupils.

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 school's Administering Medicine Policy.

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.

If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, the pupils will be advised to terminate the fast immediately by drinking some water, in accordance with the school's Health and Safety Policy. Staff members will reassure pupils that breaking their fast is acceptable if it is detrimental to their health.

#### **4. Physical education**

Pupils who are fasting can partake in some physical activities, if they are not putting themselves at risk or danger.

Where possible, PE lessons containing less strenuous exercise for all pupils will be planned for lessons involving a fasting pupil.

If a planned PE lesson that will take place during a pupil's fasting involves strenuous exercise, such as long-distance running, the pupil will be exempt from the lesson. A less strenuous lesson will be arranged for the pupil.

As the potential for swallowing water is high during swimming lessons, fasting pupils will decide whether they wish to participate in any planned swimming lessons. Other activities will be scheduled to replace swimming during Ramadan if necessary.

#### **5. Implementation**

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.

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.

The school will show sensitivity when arranging official celebrations for graduation or the end of exams, to avoid causing offence or making any pupils who are fasting feel left out.

Parents' evenings and any school functions that occur in the evening will be scheduled before or after the month of Ramadan.

Any pupils that are fasting will be provided with a supervised, quiet space to rest during their lunch hour.

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.

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.

If there are planned RSE lessons that will take place during Ramadan, pupils that are fasting will be provided with alternative lessons, as fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid any related thoughts and discourse.

## **6. Implementation during examinations**

If Ramadan falls during an examination period, the school will offer advice to fasting pupils who have exams, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.

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 during an examination.

The headteacher will discuss with pupils that are fasting whether they would prefer revision lessons to be in the morning or in the afternoon.

If any pupils who are fasting show signs that they may be dehydrated during an examination, such as a headache or drowsiness, a member of staff will advise them to terminate the fast immediately by drinking some water.

Invigilators will keep a close eye on pupils who are fasting, to avoid any disruptions to other pupils not involved.

The school will ensure good room management during hot weather, which will benefit all candidates. The examination room will be shaded, and, where necessary, fans will be supplied to ensure pupils who are fasting do not overheat or become dehydrated.

The school will ensure, where appropriate, that there is a prayer room provided near exam locations.

## **7. Universal Infant and Free School Meal Pupils**

For those pupils fasting during Ramadan and in receipt of free school meals or universal infant free school meals will be able to take home a packed lunch at the end of the school day. A pack lunch will be available from Monday 11<sup>th</sup> March 2024 up to and including Thursday 28<sup>th</sup> March 2024 when school closes for the Easter break.

## **8. Monitoring and review**

The headteacher will review this policy annually, ensuring that all procedures are up-to date.

Any changes made to this policy will be communicated to all members of staff.

The next scheduled review date for this policy is October 2024.