



# **St. James' C.E. Primary School, Haslingden**

<b>Ramadan Fasting Policy</b>	
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<i>Review Date</i>	<i>September 2026</i>

*Growing in God's Love, Learning  
as we go.*

*ENDURANCE      FORGIVENESS      PEACE  
FRIENDSHIP      TRUST      KOINONIA  
THANKFULNESS*

# **St. James' C.E. Primary School: Ramadan Fasting Policy**

## **Aim**

St. James' C.E. Primary School is dedicated to providing a safe setting for Year 6 pupils who wish to fast during all, or part of, the month of Ramadan. The school will continue to expand the understanding of the different faiths represented in the school community and will inspire all pupils and staff members to increase their knowledge of Ramadan.

## **Our mission statement**

“To provide a high quality education for all our children within a Christian environment.”

## **Our School Vision**

We are a safe, loving, supportive, Christian family which values each child's individuality and uniqueness created in the image of God. We nurture the talents given by God to inspire pupils to achieve and succeed, and foster a sense of awe and wonder of God's world:

- Form foundations of lifelong faith through Gospel values and sincere, meaningful prayer.
- Guide Pupils to determine their own personal moral values, and a respect and understanding of other races, religions and ways of life.
- Develop future citizens who cherish the world in which they live and their responsibilities within it.
- A curriculum which has a breadth of experience and equality of opportunity for all.

## **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, 2020: information for schools and colleges'
- DfE 'Keeping Children Safe in Education' January 2021

## **2. Aims and objectives**

2.1. To provide a safe environment for pupils who wish to fast during all, or part 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 community.

### **3. Ramadan – An overview**

3.1. Ramadan is the ninth month in the Islamic calendar consisting 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. Rather, 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. St. James' C.E. Primary 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 School's Administering Medicine 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, 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.

## **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 develop 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 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 support any pupils fasting and provide supervision during their lunch hour and a quiet space to rest if needed.

## **7. Implementation during exam periods**

- 7.1. If Ramadan falls during examination period, the school will offer advice to fasting pupils who have exams to help them manage their prayer time efficiently in order to avoid tiredness.
- 7.2. The school will ensure that any fasting pupils 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. If any fasting pupils show signs that they may be dehydrated, such as a headache or drowsiness, a member of staff will advise them to terminate the fast immediately by drinking some water.
- 7.4. All invigilators will keep a close eye on fasting pupils in order to help avoid any disruptions to other pupils not involved.
- 7.5. The school endeavour to try and ensure good room management during hot weather, which will benefit all candidates.

## **8. Monitoring and review**

- 8.1. The Head Teacher and governors will review this policy annually, ensuring that all procedures are up to date.
- 8.2. Any changes made to this policy will be communicated to all members of staff and parents and will be made available to access on the school website.