

Harrow Lodge Primary School



RAMADAN FASTING POLICY

REVIEWED: Summer 2025

EFFECTIVE PERIOD: Autumn 2025 – Autumn 2028

DUE FOR REVIEW: Summer 2028

RESPONSIBLE PERSON(S): MRS S BOYES

Harrow Lodge Primary School is dedicated to providing a safe setting for pupils who wish to fast during all or part of the month of Ramadan.

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that some pupils may choose to do so to prepare them for adulthood. We do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

Aims and Objectives

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

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

An overview

Ramadan is the 9th month in the Islamic calendar consisting 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. Rather, they are encouraged to think of cleansing the whole self through prayer and reflection.

Health and Safety

Parents must inform the school via a permission slip if their child is fasting.

All children that fast must bring an emergency snack with them to school daily.

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.

Children who are fasting can take part in PE, staff will be aware that they are fasting and they may need an emergency snack with them in case of feeling unwell.

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.

Inclusion

We know that Ramadan ends with a celebration called Eid and we recognise the significance of this and will authorise one day's leave for a child to celebrate.

Ramadan Fasting Permission Slip



Child's Name: _____

Class: _____

☐ I give permission for my child to fast during the period of Ramadan.

☐ I have read the Harrow Lodge Primary School Fasting Policy and understand how the school will implement this.

☐ I agree to send my child in with a snack every day in case of emergencies.

Signed: _____

Print Name: _____

Date: _____