

# Ramadan Policy

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We understand that several pupils may undertake Ramadan and fasting when at school. We are very supportive and celebrate the pupils' achievements.

General advice is that pupils are required to fast once they reach puberty or are over 12 years of age. They are not to drink or eat in daylight hours; that they would have their evening meal after dark and rise early to pray and have breakfast before sunrise. During the day, pupils are not to drink or eat and can rinse their mouth with water and do this in the privacy of the toilets.

## **Supervision at Lunchtimes**

If requested, we can provide pupils who are fasting with a room for prayers, or a quiet area away from the dining hall to rest if they wish.

The school supports the ethos of fasting, where they are encouraged to reflect on being well behaved, polite, friendly, kind, considerate and supportive to their friends and that they are deriving physical and moral strengths such as will-power, endurance, patience and self-control.

The school understands that pupils are encouraged to fast and that they can undertake this at weekends. Younger pupils can be encouraged to fast for part of the day and perhaps not on a day when they have swimming, PE or Sports activities.

The school encourages pupils not to fast on exam, PE or sports days. In school we have a duty of care and so on hot days, or during times of a lot of activity, we will offer water to your child to ensure they do not become dehydrated and they remain healthy and safe.

## **Advice and Guidance**

- School respects children fasting but expects pupils to participate in all activities.

- Parents must contact school to say their child will be fasting.
- School will develop strategies for checking with parents whether the child is affected by fasting.
- School will help parents by discussing which days are best for 'trying out fasting' e.g. choosing days that do not clash with swimming, games or outings.
- School will inform the catering staff that numbers of pupils requiring lunch may be lower than normal. School will ask pupil entitled to a free school meal to collect their packed lunch at lunchtime.
- School will praise Muslim children who are fasting and to give them recognition in assemblies and tutor time.
- School encourages children to engage in all activities as a way of demonstrating their commitment to Ramadan.
- School can set a room aside at lunchtimes for pupils who wish to pray, if requested.
- Parents must contact the Head Teacher requesting one day of absence for Eid.

If a pupil is not managing Ramadan in school, the school reserves the right to contact parents to discuss this matter.

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