



# CASTLEFIELD SCHOOL

## FASTING POLICY

Signed (HT):

Date agreed: Term 2 2023

Signed (Chair of GB):

Review date: Term 2 2026

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.

We do not permit children in KS1 or lower KS2 (Years 3 & 4) to fast.

If you believe that your child's personal circumstances fall beyond the scope of this policy (i.e. your Y4 child has reached puberty), parents should speak to the school directly in order to discuss the appropriate application of this policy.

### **Aims and Objectives**

- To provide a safe environment for children who wish to fast during part or all of the month of Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

### **Ramadan – An overview**

- Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30 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.

### **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. We require parents to complete a 'fasting permission slip'; these slips are available from the office and will be emailed on request ahead of Ramadan along with a copy of this policy.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however, they will be expected to eat lunch.
- The school expects that parents communicate their wishes with the school effectively and in a timely manner, and to this end, the school will not be chasing up permissions to fast from parents. **The onus is on the parent to provide written permission using the attached form.**
- Children who are fasting should not be expected to exert themselves physically.
- As Physical Education is a statutory part of the National Curriculum it is not recommended that children fast on PE days; however, we respect pupils right to fast. If a pupil chooses to fast then they will not be able to participate in any rigorous physical activities (e.g. running).
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at break/lunch time. They will be encouraged to make use of quiet areas on the playground or the reading area.
- Whilst their peers are eating lunch, provision will be made for fasting children to be away from others eating.
- As is normal practice at Castlefield School: RE lessons, assemblies and trips to the Mosque are part of our provision to create and support an understanding of the Muslim faith and 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 the event of a child becoming distressed or unwell when they are fasting, the school will 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 the school via the permission slip 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 activities/games.



### Ramadan 2026 - Fasting Permission Slip

Child's Name: \_\_\_\_\_

Class: \_\_\_\_\_

- ✓ I give permission for my child to fast during the period of Ramadan.
- ✓ I have read the **Castlefield School Fasting Policy** and understand how the school will implement this.

As the act of fasting requires commitment and willingness to be go without food/drink, we require both the parent and child to sign.

Signed: \_\_\_\_\_ (parent)      Signed: \_\_\_\_\_ (child)

Print Name: \_\_\_\_\_ (parent)      Print Name: \_\_\_\_\_ (child)

Date: \_\_\_\_\_

Date: \_\_\_\_\_

YEAR 6 - ONLY			
Permission to fast?			
Tick <b>all</b> applicable days			
	Mon 23/2		Mon 9/3
<b>PE Day*</b>	<del>Tue 24/3</del>	<b>PE Day*</b>	<del>Tue 10/3</del>
	Wed 25/3		Wed 11/3
<b>PE Day*</b>	<del>Thur 26/3</del>	<b>PE Day*</b>	<del>Thur 12/3</del>
	Fri 27/3		Fri 13/3
	Mon 2/3		Mon 16/3
<b>PE Day*</b>	<del>Tue 3/3</del>	<b>PE Day*</b>	<del>Tue 17/3</del>
	Wed 4/3		Wed 18/3
<b>PE Day*</b>	<del>Thur 5/3</del>	<b>PE Day*</b>	<del>Thur 19/3</del>
	Fri 6/3		

YEAR 5 - ONLY			
Permission to fast?			
Tick <b>all</b> applicable days			
<b>PE Day*</b>	<del>Mon 23/2</del>	<b>PE Day*</b>	<del>Mon 9/3</del>
	Tue 24/3		Tue 10/3
	Wed 25/3		Wed 11/3
	Thur 26/3		Thur 12/3
<b>PE Day*</b>	<del>Fri 27/3</del>	<b>PE Day*</b>	<del>Fri 13/3</del>
<b>PE Day*</b>	<del>Mon 2/3</del>	<b>PE Day*</b>	<del>Mon 16/3</del>
	Tue 3/3		Tue 17/3
	Wed 4/3		Wed 18/3
	Thur 5/3		Thur 19/3
<b>PE Day*</b>	<del>Fri 6/3</del>		

*Return this slip to your child's class teacher*

*\*See guidance above*