

# St. Michael's Community Academy

**Executive Principal: Mr G. Barlow**

**Head of School: Mrs K. Shenton**



## Religious Fasting Policy 2026.27

If you would like this translated in Urdu, please contact the school office.

آپ اردو ترجمہ میں یہ خط چاہتے ہیں تو، اسکول کے دفتر سے رابطہ کریں۔

# St. Michael's Community Academy- Ramadan Fasting Policy

Policy reviewed: Feb 2026

Policy review date: Feb 2027

This policy was devised in consultation with a range of members of the school community including representatives from the Islamic faith. 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 allow children below Year 6 to fast during school hours.

## **Aims and Objectives**

- To provide a safe environment for Year 6 children who wish to fast as part of their religious observations, for example, during part or all of the month of Ramadan.
- To work in partnership with parents to ensure the proper care of children is maintained
- 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**

- Fasting during school time is permitted for **Year 6 children only**.
- 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 ask that parents complete a 'fasting permission slip'; these slips are available from the office or can be emailed on request.
- Half fasts (Breaking fasts at lunch time) are encouraged to ensure the children are well nourished and able to safely access the full curriculum.
- 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 the child will not be allowed to miss lunch.

- Children who are fasting should not be expected to overly exert themselves physically.
- For Health and Safety reasons, children who are fasting should not overly exert themselves during PE lessons. This may require some adaptation of activities in order to avoid high-intensity exercise. For example, a child may be asked to jog or walk instead of sprinting and be allowed periods of rest if required or requested.
- Children who are fasting will be encouraged not to participate in rigorous activities at break and lunch times, such as running around or playing football.
- Children who are fasting will not be permitted to attend sports-based out-of-school clubs or sporting events where they are required to exert themselves physically.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create 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 accordance with our Healthy Eating Policy.
- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will encourage the child to break their fast by eating their emergency snack and having a drink of water so that they are able to stay in school.
- If a child who wishes to fast has Special Educational Needs, a meeting must take place between the parent and member of the senior leadership team, prior to fasting permission being granted. In these circumstances, permission to fast will be granted only at the discretion of the principal, with the child's welfare in mind.
- 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.
- Children who are fasting are required to fully participate in all aspects of school life, with the exception of any outlined which have been outlined above.

### **Health and Safety**

- Parents MUST inform the school via a permission slip if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes too unwell to remain in school.
- Children who fast will be encouraged to conserve their energy and not join in strenuous games.

### **Inclusion**

- There is mutual co-operation between the parents of children who are fasting and the school.

- All children in the school are encouraged to feel positive about their family, their culture and their faith.



## Fasting Permission Slip

Child's Name:

Class:

- ✓ I give permission for my child to fast during the period of Ramadan\*.
- ✓ I will provide my child with an emergency snack to have in their bags each day that they are fasting and understand that should they become unwell, they will be advised to eat this.
- ✓ I have read the St. Michael's Community Academy Religious Fasting Policy and understand how the school will implement this.

Signed:

Print Name:

Date:

*\*Separate permission slips for other instances of religious fasting to be obtained from the school office.*