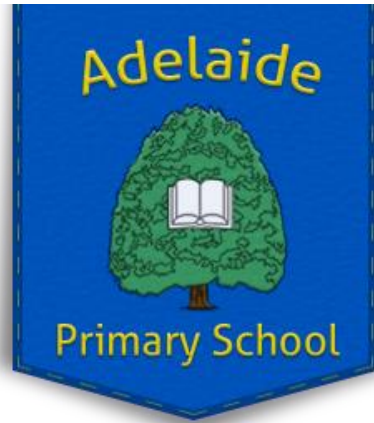


# Adelaide Primary School



## Fasting Policy

*Respect – Equality - Effort*

*“Our vision is to provide all of our children with a body of knowledge, skills and vocabulary alongside the development of an exceptional character so that they thrive and succeed in all that they do!”*

Our children experience an inspirational learning journey that develops a genuine thirst for knowledge and curiosity of the possibilities that sit within the wider world around them.

Our children deserve the very best and the [Adelaide Curriculum Experience](#) gives them the opportunities, knowledge, skills and vocabulary alongside the personal attributes and attitudes to inspire them to be the best that they can be.

Written: February 2025

To be updated: March 2026

This policy was developed 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 themselves for adulthood.

### **Aims of the policy**

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

### **Guidance**

- At Adelaide Primary School, we support Y5 and Y6 children fasting and aim to provide a supportive and safe environment in which they can 'practise' fasting during school time.
- Any parent of a child wishing to fast will meet with class teachers, along with their child, prior to the month of Ramadan to complete a 'fasting information form' together. (Note – these meetings may take place over the phone)
- At this meeting, parents and teachers will discuss fasting arrangements, contact details, drinking arrangements and the child's involvement in physical activity during days when they are fasting.
- The class teacher will pass on all of this information to their key stage coordinator, dinnertime staff, kitchen staff, office staff and PPA cover staff. If a parent wishes to make any major changes to any of the arrangements, they must speak to the class teacher.
- When Ramadan falls during Statutory Assessment (SATs) weeks, residential trips or school trips, the school recommends that children does not fast.
- Children who are fasting will take part in elements of PE lessons, school clubs and sporting events. Children who are fasting will not be excluded from PE or clubs; however, they will also not be expected to overly exert themselves physically. Judgements on how much physical activity a child can take part in will be made on an individual basis. Class teachers may ask children to take short breaks during PE lessons or clubs, or the child may be able to take a slightly different role in a PE lesson (ie keeping scores etc).
- We understand that some children may fast one day and not another. With support from the school staff, the child may make this decision on a day-by-day, hour-to-hour basis. The parent and child must understand that children may change their minds about how they are going to fast throughout the day.
- Adelaide Primary School staff will not 'enforce' fasting arrangements with children. The fasting arrangements will be 'child led'.
- In the rare circumstances of a child becoming ill or distressed when he or she is fasting, the school will provide the child with something to eat and drink. The children will need to understand that this is ok prior to fasting beginning.
- If a child has a medical condition that would be complicated by fasting, e.g diabetes, then the parents should consider if it is appropriate for the child to fast in school. The school may seek further medical advice before agreeing to allow the child to fast in school time.
- A child will need to understand that at certain times, for example event of extreme hot weather, they may be asked to sit in the shade and to consider drinking small amounts of water. This scenario will be discussed with the class teacher, parents and child in the meeting prior to the month of Ramadan.
- Children who are fasting will be able to attend breakfast club.
- A suitable location will be provided, and staffed, to support those children who wish to pray throughout Ramadan. This will take place over lunch time.

### Appendix 1 - Fasting information form 2025

<b>Name of child:</b>	<b>Class:</b>	<b>Date:</b>
Who is present at the meeting/phone call (list Adelaide staff, parents and child who were part of conversation):		
<b>When</b> will the child be fasting? Will this be every day? Will this change on a day-to-day basis? (Class teacher to share when PE days are, trip days, sports day, other special events etc) Circle: <b>Monday Tuesday Wednesday Thursday Friday All days</b>		
Will the child be <b>drinking water</b> on fasting days? Circle: <b>Yes No</b>		
If the child feels <b>unwell</b> , the school will give the child food or water. Do the child and parent understand and accept this? Circle: <b>Yes No</b>		
Will the child take part in some elements of <b>PE lessons</b> or <b>clubs</b> ? Circle: <b>Yes No</b>		
Would the child like to be able to <b>pray</b> in school? Circle: <b>Yes No</b>		
Are the <b>parents' contact details</b> on Scholar Pack correct? Circle: <b>Yes No</b>		
<u>At the end of the meeting please check:</u> <ul style="list-style-type: none"><li>• The parent understands that they need to inform the <u>class teacher</u> of any changes.</li><li>• The child and parent understands that they are able to drink water and eat if they feel unwell.</li><li>• The parent must receive a copy of the schools 'Fasting Policy' and a copy of this fasting form.</li><li>• The class teacher and parents must check that the office has the correct contact details</li></ul> <u>Class teacher to:</u> <ul style="list-style-type: none"><li>• Inform <b>deputy Headteacher, phase leader &amp; PPA cover staff</b> of this information</li><li>• Inform the <b>office</b> of this information</li><li>• Inform the <b>kitchen staff</b> and <b>Mrs Bates</b> of this information</li></ul>		
<u>Staff member signature</u> (If a phone conversation, simply state which parent was spoken to)		

\* Please note that this consultation can take place over the phone.

## Appendix 2 - Letter to parents – to be put on letter headed paper

### Children fasting during the month of Ramadan

Dear Parent/Carer,

As the month of Ramadan approaches, we would like to provide you with information about our school policy regarding children fasting in school time.

At Adelaide Primary School, we support **Y5** and **Y6** children fasting and aim to provide a supportive and safe environment in which they can 'practice' fasting. We understand that some children may fast one day and not another. With support from the school staff, the child may make this decision on a day-by-day, hour-to-hour basis. If a child has a medical condition that would be complicated by fasting, e.g diabetes, then the parents should consider if it is appropriate for the child to fast in school.

**Any parent of a child wishing to fast must talk with the class teacher to complete a 'fasting information form' together.** At this meeting, parents and teachers will discuss fasting arrangements, contact details, drinking arrangements and the child's involvement in physical activity during the month of Ramadan. The class teacher will arrange to meet any parents who wish their child to fast in person or on the telephone.

In the meantime, if you have any questions, please do not hesitate to contact me.

Thank you for your continuing support.

Yours sincerely,

Mrs Adkinson

Deputy Headteacher