

HITHERFIELD PRIMARY SCHOOL AND CHILDREN'S CENTRE



Fasting Policy

Our Vision Statement

'Our vision is to create a school community where everyone feels valued, has the opportunity to explore and develop their strengths and is able to participate in new experiences. We aim to become an inspirational school to produce good citizens for the future in an atmosphere that promotes confidence, high academic achievement, physical health and emotional well being.'

Document Control

Change Record

| Date | Author | Version | Change Reference |
|-----------|--------------|---------|--------------------|
| 16.06.14 | Abby Whitten | 001 (D) | No previous policy |
| July 2014 | JW | | Amended |
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Ramadan and Fasting

At Hitherfield we recognise that Ramadan is an important and special time for many families. Fasting for religious observance is a private matter between a person and his or her God.

We do not expect that children are obligated to fast at primary school age as they are still physically and emotionally immature. However, we recognise that some children will wish to fast. Please remind them that this is only one aspect of observance during Ramadan and that they can show their commitment in a variety of ways such as trying not to argue, discuss others in a negative way or to become angry with others. You may also consider encouraging a range of ways that children of this age could begin practising the observance of fasting; for example, by fasting for part of the day or during the week-end when activities are not so demanding.

It is important to understand that, as a school, we have a duty of care towards the children's wellbeing. We also have an obligation to make sure all children participate fully in the curriculum and progress with their learning throughout the year. We believe that if a child of primary school age is not drinking water, they are at risk of not being able to participate fully during a long summer day. This is a situation we face in England when Ramadan falls during the Summer Term.

It is also important for parents to know that children sometimes feel pressurised by other children to fast and that, as they are very young, this can become competitive.

Parents:

- 1) It is best if we know which children are trying to fast. Please tell us if your child is fasting and what arrangements you're making for your child over Ramadan by completing the form overleaf.
- 2) If a child who is fasting feels unwell during the school day we will contact you directly. Please make sure we can reach you on the phone during the day and that we have up to date phone numbers.
- 3) If a child needs to be sent home this will be regarded as an absence.
- 4) Unless we have been told that a child is fasting by a parent we will expect them to eat lunch as usual.
- 5) We will have water and food available throughout the day should a child wish to break their fast.



My child(name), who is in
classmay wish to fast during the month of Ramadan this year.

- I understand that if a member of the School Leadership Team believes that she/he appears to be unwell or unable to participate fully in class activities, I will be called to collect them and my child will be recorded as absent for the rest of the school day.
- I understand that food and drink will be provided for my child if they say that they want to break their fast during the school day.
- My current contact number is:

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Signed:

Date: