

Wood End Primary School



Fasting Policy

Committee with oversight of this policy	Full Governing Body
Policy last reviewed	April 2025
Policy due for review	April 2027

Background

This policy was created with advice from the Muslim Association of Britain and in consultation with Governors.

Aims

- To provide a safe environment for children who wish to fast during the month of Ramadan.
- To ensure the religious needs of each child are not compromised, whilst still ensuring they are in the best possible physical and mental state in order to successfully participate in all curriculum activities.

Implementation

As fasting for Muslims is not obligatory for children until they reach the age of puberty, along with the other acts of worship (stated by the final messenger in Islam – Prophet Muhammad P.b.u.h* - in an authentic narration – hadith – by Abu Dawood) at Wood End Primary School, we do not consider it an obligation to allow children below this point to fast at school.

The policy at Wood End Primary School supports the opinion of Islamic scholars who have said that the age 10 and above is most appropriate because the Prophet (P.b.u.h*) stated that children should pray at this age (prayer and fasting are both compulsory pillars in Islam, however fasting is more challenging so due care is given when the child is of fasting age).

At Wood End Primary School we recognise that Muslim children who are below the age of 10 and have not yet reached puberty often choose to fast for part of the day/ on certain days of the week as training to help them when they reach the age when it becomes compulsory. We support this as part of their preparation for adult life and parents will have the option for children to fast from 1.45pm ('half-fast') on any given day.

All parents/carers of children wishing to fast, must inform the headteacher, in writing, if they wish their child to fast during Ramadan.

If a child says that he or she is fasting but the school has not received written consent from his or her parent/carer, they will be dealt with in a respectful manner however, the child will not be allowed to miss lunch.

Parents should be contactable, as at all times (being particularly conscientious of this when their children are fasting), and available to collect their child if necessary.

Children who are fasting will not be expected to exert themselves physically but will still attend all lessons.

Fasting should not be a burden. In the rare circumstances of a child becoming distressed when he or she is fasting, the school will provide the child with something to eat and drink. Alternatively, parents/ carers will be required to collect their child and take them home.

The school curriculum will be used to help all children develop an understanding of the different faiths who use the practice of fasting as part of their religious traditions and particular festivals associated with times of fasting.

Any exceptional circumstances (e.g. early puberty) can be discussed with the Head Teacher.

Inclusion

There is mutual cooperation between the parents of any child who is fasting and the school. All children are encouraged to feel positive about their family, their culture and their faith.