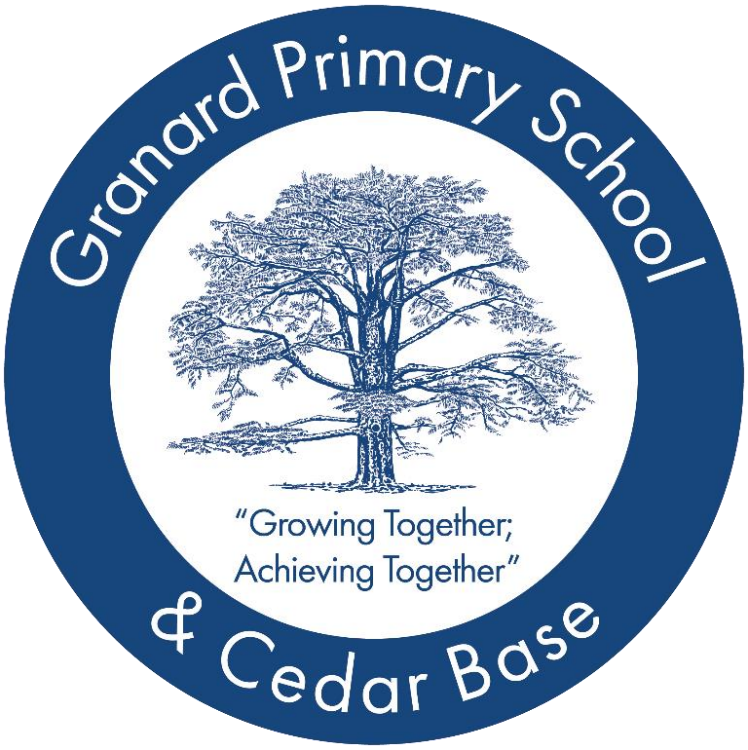
Granard Primary School



Ramadan Fasting Policy

SEPTEMBER 2025

Review Due: September 2028

- 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.

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 send out a letter to KS2 parents before the start of Ramadan each year to let us know whether their child will be fasting. (Appendix 1)
- 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 exert themselves physically.
- For Health and Safety reasons, children who are fasting do not do active physical education lessons at the time they are fasting. At this time they will do some health related learning.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- 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 to 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.
- 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 relevant 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 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.

Reviewed: September 2025
Review Due: September 2028

Approved by: Headteacher: ……

Name: …….. Date: ……..……..

APPENDIX 1

Date: ……

Dear Parents/Carers

Ramadan – Fasting

We are aware that the holy month of Ramadan is scheduled to start on the 5th May. In the past some Key Stage 2 children have chosen to fast or partially fast. If your child is intending to fast, please complete the form below outlining what their fast will involve so that staff are aware.

If your child chooses to fast but appears to suffer adverse medical effects whilst in school, they will be encouraged to drink and/or eat. If your child wishes to break the fast for any reason, staff will not discourage them from doing so.

It is essential that this form is completed as, in the past, some children have gone against their parents' wishes and fasted without parental consent. If you do not notify us, we will assume that your child is not partaking in the fast.

Yours faithfully

Mrs Cheryl Grigg

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Ramadan Fasting information

Name of child: _____ Class: _____

My child will be fasting. They will:

Options	Tick all that apply
Abstain from snacking	
Fast up until lunch time	
Fast only on Fridays	
Abstain from eating during school hours	
Abstain from all eating and drinking during school hours	
Other (please provide details)	