



Brunswick Park Primary School Policy and Guidelines for Fasting during the month of Ramadan

The school uses the current advice and guidelines published by the Muslim Council of Britain. For Primary School Pupils it is:

Although fasting for the entire month does not become obligatory until the age of puberty, it is common practice for Muslim children to begin to fast before this age, in order to become progressively accustomed to the obligation. Most children aged 10 and 11 (Years 5 & 6) are likely to fast all 30 days. Children are enthusiastic and get a great sense of achievement joining their families in taking part in the spirit of Ramadan and often begin at a younger age. The younger the child, the more difficult it tends to be for children to fast without their physical stamina and concentration levels being affected. This can be problematic for very young children and we would advise that schools liaise with parents to encourage very young children to fast half days or to avoid fasting during school days as this can have a significant effect on their concentration levels and degree of alertness while at school. It is important to be aware that young children are more likely to fast when Ramadan falls in the winter months, when the days are shorter and the climate is cooler. Whether a pupil decides to fast or not is a matter to be decided between the parent and child. Breaking the fast before the correct time may be regarded as being worse than not fasting at all by some pupils and parents. Schools should not encourage children to break their fast early unless it is for health and safety reasons. The overriding consideration should be that the children do not feel disadvantaged in school activities because of their religious observance.

(Meeting the needs of Muslim Pupils in State Schools: Information & Guidance for Schools: MCB 2016)

Schools are primarily places of education, and at Brunswick Park Primary School to enable children to continue to make good academic progress in a healthy and safe environment whilst performing religious observance, the Muslim Council of Britain's guidelines are interpreted as follows:

- Children under the age of 7 (EYFS and KS1) will eat lunch and their daily fruit as normal during Ramadan. They are too young to fast at school without their physical stamina and concentration levels being affected.
- Children in Years 3 and 4 are permitted to fast at school during Ramadan with the written permission of their parents or carers and on the understanding that if school staff believe that a child's ability to learn is being affected, the child will be given water and food.
- Children in Years 5 and 6 are permitted to fast with the written permission of their parents or carers. If a child in Year 5 or Year 6 is struggling to maintain concentration during lessons, or if his/her health and safety is deemed to be at risk as a result of fasting, his/her parents or carers will be contacted so they can make an informed decision about whether or not the child should break the fast.
- If Key Stage 2 SATs examinations fall during Ramadan pupils in Year 6 will not fast during school hours. Islam gives allowances for these pupils to break the fast and make it up later if fasting will in any way jeopardise their performance in examinations.
- Quiet supervised activities for fasting children will be provided at lunchtime during the month of Ramadan.

If parents/carers wish their Key Stage 2 child to fast at school during Ramadan, they need to complete the following form and hand it to the School Office:



Fasting During Ramadan

I give permission for my child _____ in class _____ to fast during school hours during the month of Ramadan. This will/will not include fasting during after school activities (please delete as appropriate). I confirm that I have read and will comply with Brunswick Park Primary School's policy and guidelines on fasting during Ramadan to ensure my child is kept healthy and safe.

Signed: _____ (Parent/Guardian) Date: _____