



RAVENSDALE JUNIOR SCHOOL

RAMADAN FASTING POLICY

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The Governing Body recognises its duties and responsibilities in relation to the Disability Discrimination Act which requires that any child with an impairment that affects his/her ability to carry out normal day-to-day activities must not be discriminated against. Ravensdale Junior School takes the health and wellbeing of our pupils very seriously.

1. Aims and Objectives

To provide a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan.

2. Ramadan – An overview

- Ramadan is the ninth month in the Islamic calendar and consists of a 29 – 30 day period of fasting, self-control charity-giving and goodwill to others.
- Those who fast during Ramadan are not allowed any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self through prayer and reflection.

3. Health and Safety

1. Following the Guidance of the *ASCL Ramadan and Exams 2016: Information for Schools and Colleges* Ravensdale Junior School is aware that “no child under the age of puberty is obliged or expected to fast. Younger children may do a partial fast but this should be in consultation with and under the supervision of parents, carers and schools”. Parents/carers **must** therefore notify the school in writing if their child is going to participate in fasting.
2. Ravensdale Junior School will inform parents/carers immediately if a fasting child becomes unwell.
3. Any pupil who is fasting will not participate in strenuous games in order to conserve their energy.
4. No oral medication can be taken by a pupil who is fasting. However, in an emergency the school will follow the Administration of Medicines Policy and administer any necessary medicine.
5. If there are concerns about any pupils who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case by case basis. This will be done in consultation with parents wherever possible.
6. If the weather is very hot, pupils will remain indoors over lunchtime.

4. Physical Education

1. Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger.
2. No strenuous exercise will be permitted due to the high risk of headaches, tiredness and drowsiness due to dehydration.