



# Oswald Road Primary School

## Fasting Policy

Policy ratified by Governing Body: March 2025

Headteacher: Deborah Howard  
Chair of Governors: Peter Martin

**To be reviewed in 2 years: March 2027**

## **Aims and Objectives**

- To provide a safe environment for children who wish to fast during part or all of the holy month of Ramadan.
- To ensure the proper care of children is maintained and to keep parents informed if their child is unwell.
- 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 required activities.
- To further develop understanding and inclusion of the different faiths represented in the school population.

## **Implementation**

- The policy at Oswald Road Primary School is based on the opinion and advice of Islamic scholars from the Manchester Islamic Centre, local imams and hadiths from The Holy Quran (Abu Dawood).
- Fasting for Muslims is not obligatory for children until they reach the age of puberty. Manchester Islamic Centre recommends that if children (from the age of 9 upwards until the onset of puberty) wish to 'practise' fasting, they are permitted to partake in a half day fast.
- Taking into consideration the above advice, Oswald Road Primary School recommends that no child under the age of puberty fast during the school day. School does, however, support parents' decision to allow children from the age of 9 to partake in a half day fast if they wish to do so.

## **Health and Safety**

- Parents MUST inform the school in writing if their child is fasting. School will send a fasting permission letter to parents in the week prior to Ramadan requesting parents' permission. If a child does not have parental consent to fast then school will expect and encourage them to eat and drink as usual.
- The school will inform parents immediately if their child who is fasting becomes unwell.

- Children who are fasting should inform their class teacher and any relevant staff members (sports coach/after school clubs) if they are taking part in physical activities. If possible, pupils who are fasting should try to refrain from physical/sporting after school activities during the month of Ramadan, to avoid overexerting themselves.
- For health and safety reasons, the school will seek medical advice (from the school nurse) for pupils who wish to fast but have existing medical conditions (eg. Diabetes). If the school nurse advises that a pupil's medical condition will be compromised or affected by them fasting, then the child will not be permitted to fast.
- In the rare circumstances of a child becoming distressed or poorly when he or she is fasting, the school will provide the child with something to eat and drink. School will inform parents of this so that they are fully aware.
- All children that fast will need to bring an emergency halal snack to school at the start of Ramadan. This should be something healthy in accordance with our Healthy Eating Policy.
- Any exceptional circumstances (eg. early puberty) can be discussed with the Headteacher.
- If children from other religions wish to fast at other times, this can be discussed with the Headteacher.
- If we have been told that a child is fasting and they wish to break their fast, we would call parents and advise that we would facilitate this from a health perspective.
- Manchester Islamic Centre have advised Oswald Road Primary School that any children who take daily medication, including inhalers for asthma, MUST ensure that they continue to take their medicine throughout the month of Ramadan. In addition to this, any child who is ill during Ramadan is forbidden from fasting – they may make up their fast at the end of their illness if they wish to do so.
- The PE curriculum will continue and Sports Day may fall within this time. For Sports Day, the children will access their year group's allotted time (usually approximately the length of a PE session). School will communicate with parents about there being Halal snacks and water available in case needed.

## Inclusion

- There is mutual co-operation between the parents of children who are fasting and school.
- All children in the school are made to feel positive about their family, their culture and their faith.
- School staff have a clear understanding of the importance of the Holy Month of Ramadan to Muslim pupils and of their duty to ensure that a pupil's health and safety are paramount during this time.
- Rights Respecting Article 14: All children have the right to think and believe what they want and to practise their religion.
- Rights Respecting Article 30: Children who come from a minority group have the right to learn and use the language and customs of their families and to practise their own religion and use their own language.