



# Ramadan Fasting Policy

Approved at SLT: 21 March 2023

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## **Statement of intent**

Moor Park High School and Sixth Form is committed to providing a safe environment for pupils who wish to fast during part of, or for all, the month of Ramadan. The school will further develop the understanding of different faiths represented in the school population and will encourage a greater knowledge of Ramadan amongst all staff members and pupils.

## **1. Legislative framework**

1.1. This policy has due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010

1.2. This policy also has due regard to guidance documents, including, but not limited to, the following:

- ASCL (2017) 'Ramadan and Exams, 2017: information for schools and colleges'
- DfE (2022) 'Keeping children safe in education'

## **2. Aims and objectives**

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

2.2. To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

2.3. To further develop understanding of the different faiths represented in the school population.

## **3. Ramadan – An overview**

3.1. Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30-day period of fasting, self-control, charity-giving and goodwill to others.

3.2. 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.

## **4. Health and safety**

4.1. Parents/carers will inform the school if their child is going to participate in fasting.

4.2. Moor Park High School and Sixth Form will inform parents/carers immediately if their child, who is fasting, becomes unwell.

4.3. No oral medication can be taken by a person who is fasting; however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the school's Administering Medicine Policy.

4.4. 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.

4.5. If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised, by a teacher, to terminate the fast

immediately by drinking some water, in accordance with the school's Health and Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.

## **5. Physical education**

5.1. Moor Park High School and Sixth Form will plan and deliver PE activities suitable for all pupils, including those who are fasting.

5.2. Pupils will be expected to participate in their PE lesson and undertake the activities set by their teacher from their normal PE curriculum

## **6. Implementation**

6.1. The school will consider the possible impact fasting and late-night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports days, trips and celebrations.

6.2. The school will show sensitivity when arranging official celebrations for graduation or the end of exams, so they do not offend, or make any pupils who are fasting feel left out.

6.3. The school will ensure that parents' evening and any school functions that occur in the evening are scheduled before or after the month of Ramadan.

6.4. The school will allow any pupils fasting to return home for lunch, providing permission has been given by their parent/carer, the library will be available for students to sit quietly if necessary.

## **7. Implementation during exams**

7.1. If Ramadan falls during examination period, the school will offer advice to fasting pupils who have important exams, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.

7.2. The school will ensure that any pupils fasting will be informed of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.

7.3. If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.

7.4. All invigilators will keep a close eye on all pupils who are fasting in order to help avoid any disruptions to other pupils not involved.

7.5. The school will ensure good room management during hot weather, which will benefit all candidates.

**8. Monitoring and review**

8.1. The headteacher will review this policy annually, ensuring that all procedures are up-to date.

8.2. Any changes made to this policy will be communicated to all members of staff.