POOL HOUSE COMMUNITY PRIMARY SCHOOL
FASTING POLICY

Introduction

This policy was devised in consultation with a range of members of the school community including the Head Teacher, the Diversity Leader and the Religious Education Co-Ordinator. For a variety of reasons, at certain times some individuals, cultures or communities may choose to have a period of fasting. Pool House CP School recognises that in our current school community, this is predominantly during the month of Ramadan for our Islam community.

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood. We do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

The Aims

To provide a safe environment for children who wish to fast during Ramadan.

To ensure proper care of the child is maintained.

To ensure parents/carers are informed if their child is unwell.

To further develop understanding of the different faiths represented at Pool House CP School.

What is Ramadan?

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting.

Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad.

Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year. This is because Islam uses a calendar based on the cycles of the Moon.

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.

If a child says that they are fasting, but the school has not received a written 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, pupils 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.

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.

Inclusion

There is mutual co-operation between parents/carers of children who are fasting and the school.

All of our learners are encouraged to feel positive about their culture and faith.

Diversity is celebrated and embraced at our school.

Reviewed and updated Sept 2026