

Smithdown Primary

Fasting Policy For Pupils



Together We Grow

Reviewed Annually

Last reviewed: November 2025

‘Together We Grow’

Our Key Values

Our school motto is ‘Together we Grow’.

We ensure that every child has access to a broad, balanced and supportive curriculum. Through this we are able to give our pupils a range of opportunities and experiences to grow and develop academically, physically socially and morally.

Our School Vision

At Smithdown Primary School, we aim high for every member of our community—pupils, parents, and staff. We are committed to creating a happy, safe, and stimulating environment where children are inspired to learn and grow together. We have high expectations of ourselves and each other and we equip our pupils to face opportunities and challenges with confidence, resilience, and determination. We nurture curiosity about the world and strive to develop children who make a positive contribution—both now and in the future.

1. Purpose and Introduction.

Fasting is a part of many religious observances and practised by most of the major world faiths.

This policy has been written to meet the religious needs of any child wishing to fast during the school day, and in particular to ensure that the needs of the Muslim children are met during Ramadan as this is a significant period of time during which the children have limited intake of water and food.

The policy must also take into account the health & safety aspects of fasting alongside supervision levels within school. Parents, carers and pupils are expected to adhere to the Fasting Procedure.

The policy wording and its procedures have been discussed at both committee and Full Governing Body meetings before being approved

2. Aims

- To provide a safe environment or procedure for children who wish to fast at any time, whether it be for a single day, selected days or a longer period of time such as the month of Ramadan.
- 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 curriculum activities.

3. Scope

This procedure applies to all pupils at Smithdown Primary School.

4. The Requirement for Primary Age Children to Fast

- Along with the other acts of worship, fasting for Muslims is not obligatory for children until they reach the age of puberty therefore, at Smithdown Primary School we do not consider it an obligation to allow children below this point to fast at school.
- At Smithdown Primary School we recognise that Muslim children who are below the age of 10 and have not yet reached puberty often choose to fast for part of the day or on certain days of the week as training to help them when they reach the age when it becomes compulsory.
- At Smithdown Primary School we recognise that fasting is not compulsory for children of primary school age in any major world faith.

5. Fasting during Ramadan

Ramadan is the main period of the year when Muslim children may choose to fast.

Depending on when Ramadan falls, the length of the fast will vary and may be particularly long.

This raises some concerns as to how pupils will cope during the school day. Therefore, we would ask that parents consider this when agreeing with their child how many days they fast for.

There are different arrangements in school for children who are fasting in each key stage. A fasting notification form must be completed and should be sent to the class teacher **prior** to the day of fasting. This form can either be completed via the school APP or by requesting a paper copy from the school office. This is to ensure school staff can monitor the child's well-being and can make supervision arrangements.

Years 5 and 6

For Years 5 and 6 children who do choose to fast during Ramadan, the following arrangements will be put in place:

- Children who are fasting will go directly outside and will not be expected to sit in the dinner hall.
- Children will still go outside for morning playtime in order to get fresh air.
- The children will still be expected to participate in all areas of the curriculum, including PE and swimming, as these are part of the statutory National Curriculum.
- If a child is unwell, the parent/carer will be contacted to collect him/her.

Years 3 and 4

Due to the age of the children in Year 3 and 4, the school would ask parents to carefully consider the appropriateness of allowing their children to fast during the school day. For children in Years 3 and 4 children who wish to fast, the school asks parents to consider allowing just one or two days per week or maybe just over the weekend. We would ask parents to consider encouraging their child not to fast on days where they have PE or swimming in school.

For Years 3 and 4 children who do choose to fast during Ramadan, the following arrangements will be put in place:

- Children who are fasting will go directly outside and will not be expected to sit in the dinner hall
- The children will still go outside for morning playtime in order to get fresh air.
- The children will still be expected to participate in all areas of the curriculum, including PE and swimming, as these are part of the statutory National Curriculum.

- If a child is unwell, the parent/carer will be contacted to collect him/her.

Key Stage 1 and Reception Children

Due to the age of the children in reception, and key stage 1 the school cannot allow them to fast during the school day.

6. Fasting at Other Times of the Year

It is recognised that there are other holy days throughout the year when children of different faiths may choose to fast.

For any children who will be fasting at times other than Ramadan, a fasting notification form (see Appendix A) must be completed and should be sent to the class teacher prior to the day of fasting. This is to ensure school staff can monitor the child's well-being and make supervision arrangements.

7. Health and Safety

- All parents/carers of children wishing to fast, must inform the school, in writing, if they wish their child to fast. (Appendix A)
- If a child says that he or she is fasting but the school has not received a fasting notification form from his or her parent/carer, they will be treated in a respectful manner. Parents / carers will be contacted to confirm that their child is fasting or to gain further advice. If parents cannot be contacted, then the child will be encouraged to eat.
- Parents should be contactable, at all times (being particularly conscientious of this when their children are fasting), and available to collect their child if necessary.
- Fasting should not be a burden. However, if a child becomes distressed, depending on the circumstances, the school will either provide the child with something to eat and drink, or contact the parents/carers and ask them to collect their child and take them home.
- RE lessons and assemblies will be used to help all children develop an understanding of the different faiths that use the practice of fasting as part of their religious traditions and particular festivals associated with times of fasting.



Fasting Notification Form

To be completed by the parent prior to the start of any fast by their child

Name of child..... Class

I give notification that my child will be fasting whilst at school on the following days:

From to

I understand and consent that in the event of my child becoming unwell, school will encourage my child to drink and eat to ensure their health and well-being.

Name.....

Signature.....

Relationship to child.....

Date.....



Fasting Notification Form

To be completed by the parent prior to the start of any fast by their child

Name of child..... Class

I give notification that my child will be fasting whilst at school on the following days:

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I understand and consent that in the event of my child becoming unwell, school will encourage my child to drink and eat to ensure their health and well-being.

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