



**PERIVALE**  
PRIMARY SCHOOL

## Fasting Policy

Committee with oversight for this policy – Teaching & Learning Committee	
Policy to be approved by the Teaching & Learning Committee	
Policy last reviewed by the Teaching & Learning Committee	Spring 2019
Policy last ratified and adopted by Full Governing Body (if appropriate)	
Policy / Document due for review	Spring 2022

## **Background**

This policy was established in September 2013 in consultation with governors and the parent forum.

## **Aims**

- To provide a safe environment for children who wish to fast during 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 required activities.

## **Implementation**

- As fasting for Muslims is not obligatory for children until they reach the age of adolescence, along with the other acts of worship [stated by the final Messenger in Islam (Prophet Muhammad P.b.u.h\*) in an authentic narration (hadith) by Abu Dawood] at Perivale Primary School, we do not consider it an obligation to allow children below this point to fast at school.
- The policy at Perivale Primary School is based on the opinion of scholars who have said that **age 10 and above** is most appropriate because the Prophet (*P.b.u.h\**) stated that children should pray at this age (prayer and fasting are both compulsory pillars in Islam, however fasting is more difficult so extra attention should be paid to when the child becomes able for it).
- At Perivale, parents will have the option to either collect their child at the start of lunchtime, returning them for the start of their afternoon lessons. Alternatively, parents who wish their child to remain in school during the lunch period should ensure that a sticker, (which will be available from the school office), is visible on all days of fasting, in order that school staff can monitor the pupils well-being

## **Health and Safety**

- All parents/guardians of children aged 10 and above, must inform the Headteacher in writing if they wish their child to fast during the month of Ramadan.
- Parents should be contactable, as at all times, and available to collect children if necessary.
- Parents have two options, as stated above.
- If a child says that he or she is fasting but the Headteacher has not received a letter from his or her parent/guardian, the child will not be allowed to miss lunch. Alternatively, the parent will be contacted to collect their child
- To recognise in Islam that fasting is not compulsory before the age of puberty.
- Children who are fasting will not be expected to exert themselves physically, but will still attend all lessons.
- In the rare circumstances of a child becoming distressed when he or she is fasting, the school will provide the child with something to eat or drink or alternatively parents will be required to collect their child and take home.
- If children from other religions wish to fast at other times, this can be discussed with the Headteacher.

