



Chandos Primary School Statement Regarding Ramadan and Fasting



Date	Revision and Amendment Details
July 2018	Review and approval by LGB
March 2019	Updated and approved by LGB
Jan 2020	Proposed date for review subject to update as required
March 2021	Updated and agreed SLT

At Chandos we recognise the importance of the period of fasting at Ramadan. It is also important that parents understand the school's responsibilities to those children who may wish to consider fasting.

Following consultation with local schools and information we have been given from the Department for Education and national faith leaders, it has been decided that **ONLY** year 6 children are permitted to, on occasions, fast during school hours. As primary age children can become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child:

1. 'Request to Fast' Form – Parents who wish to give permission for their child to fast during Ramadan whilst at school, will need to complete, sign and return the enclosed form to the school; **this request is limited to children in year 6 only**. This will be for a maximum of three days a week, as no fasting is permitted on days pupils have physical education. Fasting is also not allowed on trips or at any time during or immediately preceding the SATs assessments.
2. Lunch time arrangements - During the week, fasting children will have to come inside school during lunchtime to be able to rest and reflect for a short period of 30 minutes with a member of staff, while their friends are eating their lunch.
3. Requests for Food – As the school is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed form has been provided; parents will be informed when this is the case.
4. Illness – If a child appears to be experiencing adverse physical or emotional effects due to fasting staff will offer that child food or drink, even if a completed form has been provided and will call the child's parents or guardians, and the emergency services if they believe that it is necessary. Parents will always be informed if this is the case.

No children in other classes will be permitted to fast, but we encourage parents to discuss times when children can be monitored (especially at weekends) to practise for their future fasts.

Chandos Primary School

RAMADAN REQUEST TO FAST - March 2021

CHILD'S NAME: Class/Year 6 only :.....

SIGNED: (Parent/Carer).....

I consent to my child to fast on the following days (please tick white boxes only) and for the school to contact me if there are any difficulties on these days. ***Please return form to class teacher by Thursday 1st April.***

Week Beginning 12 April

Mon 12th	Tue 13th	Wed 14th	Thur 15th	Fri 16th
Holiday	Holiday	Holiday	Holiday	Holiday

Week Beginning 19 April

Mon 19th	Tue 20th	Wed 21st	Thur 22nd	Fri 23rd
PE no fasting				PE no fasting

Week Beginning 26 April

Mon 26th	Tue 27th	Wed 28th	Thur 29th	Fri 30th
PE no fasting				PE no fasting

Week Beginning 3 May

Mon 3rd	Tue 4th	Wed 5th	Thur 6th	Fri 7th
Bank Holiday - school closed			Election - school closed	PE no fasting

Week Beginning 10 June

Mon 10th	Tue 11th	Wed 12th	Thur	Fri
PE no fasting		Eid al-Fitr		

- It is important that all children are well rested, fed and hydrated to ensure they can engage fully in all school activities.
- The children are not permitted to fast on the days they have PE as indicated above. You may choose any or all of the above that are blank. The same applies if children are off site on a school trip or visit to their secondary school.
- If you are unable to supervise your child at lunch time, your child will be asked to stay inside for some of lunchtime like the rest of the school, and in extreme hot days for the whole lunchtime in case of dehydration. Without this consent form children CANNOT fast.
- The school retains the right to allow children to break the fast if their health is in jeopardy, but will contact parents when this is the case.

***To be returned to the front office or class teacher by Thursday 1st April
Without this form children will have to have a lunch.***