



Heathfield Schools' Partnership

Ramadan Fasting Policy

1. Introduction

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. 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. 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.

2. Aims and Objectives

- To provide a safe environment for children who wish to fast during part or all of the month of Ramadan.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

3. 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. We ask that parents complete a 'fasting notification and consent slip'; these slips are available from the office or can be emailed on request.
- If a child says that they are fasting, but the school has not received a notification and consent slip from their parent, a member of staff will try to phone the parent for verbal consent and the parent/carer will be asked to complete the 'fasting notification and consent slip' as soon as possible. However, if no verbal consent is given by the parent or carer, the child will be dealt with respectfully, but will not be allowed to miss lunch.
- Pupils who are fasting will spend lunchtimes away from the dinner hall.
- All pupils who fast will be expected to participate in regular school lessons and activities.
- Pupils who are fasting are able to partake in physical activities, including PE lessons, as long as they are not putting themselves at risk or danger.
- Pupils will not do strenuous exercise, as they will be at high risk of headaches, tiredness, thirst, and drowsiness, due to dehydration. Therefore, at playtimes and lunchtimes pupils who are fasting will be encouraged to make use of quiet areas on the playground, and not to participate in rigorous activities such as running around the playground or playing football.
- Parents/carers will be informed immediately if their child, who is fasting, becomes unwell.
- A person who is fasting can take no oral medication: however, in an emergency the school will administer any medicine that is deemed necessary.
- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then a teacher will advise the pupil, to terminate the fast immediately by drinking some water. They will be reassured that this is acceptable as fasting for pre-pubescent children is a learning experience rather than a strict obligation.
- 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.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith.



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Appendix 1:

Ramadan Fasting Notification and Consent Form

Child's Full Name: _____ Class: _____

Fasting day / period From : _____ To: _____

- I give my child consent to fast during the period of Ramadan.
- I have read the Heathfield Fasting Policy and understand how the school will implement this.

PARENT / CARER Signed: _____ Print Name: _____

Date: _____

Approved by:	Co-Heads Helen Child David Colenso Heathfield Partnership Governing Body	Date: 12.4.26
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Last reviewed on:	June 2026
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Next review due by:	June 2028
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