



“Creating excellence, embracing all.”

Ramadan Fasting Policy 2025

Headteacher : Jo Reid

Chair of Governors: Sue Miller

Approved by Governors: 21/03/23

Renewal date: January 2027

Botley School Vision statement

A high-quality education in a positive and happy school, where everyone is included, celebrated and encouraged to be a creative lifelong learner.

Botley School Values

Inclusivity

Teamwork

Kindness

Respect

Resilience

Creativity



Ramadan Fasting Policy

Context

Botley School warmly supports Muslim members of our community in celebrating their faith, including key festivals and religious observances. Our aim is to provide supportive guidance and clear procedures to help students and parents work with Botley School to provide the most positive Ramadan possible. This document also informs and advises staff in working with Muslim students. Ramadan presents specific challenges, in terms of the need to lead a full life while refraining from food and drink in daylight hours. This document does not provide a fixed set of rules or exhaustive guidance, but rather sets our general principles and approaches.

This policy was devised in consultation with a range of members of the school community including representatives from the Muslim religion.

Key Information about Ramadan

Ramadan is a month of religious observance, including fasting, in the build-up to the Islamic festival of Eid-ul-Fitr. The age at which young Muslims begin observing the fast varies and a decision is usually made between the child and the family. Typically, Muslims start fasting in Ramadan when they reach the age of puberty. As a primary school, we recognise that, whilst fasting is not compulsory before the age of puberty, children are often encouraged to fast or indeed wish to fast to prepare them for adulthood. We do not encourage children in KS1 to fast.

Staff should be aware of this variation and understand that students in any year group may to some extent take part. There are various exceptions, however, and Muslims are not expected to fast if they are unwell, travelling, menstruating; fasts missed may be made-up by some Muslims at a later date. The fast includes refraining from food and drink in daylight hours. Practically, this means that Muslim students will need to get all their food and drink at night, in a very different pattern from other times of year. The timings of daylight hours will also vary because the Muslim calendar is not the same as the western (Gregorian) calendar, so the fast will take place at different times of year, as the years go by. There may also be variation in the day that Mosques begin and end Ramadan, however the following dates provide a guide to the dates of Ramadan over the coming 4 years.

- 2026 – 17 February – 18 March
- 2027 – 7th February – 8th March
- 2028 – 27th January – 25th February
- 2029 – 15th January – 13th February

We are aware that there are other times of the year where Muslim pupils may wish to fast, such as the 10th and 11th of Muharram to catch up on previous fasts missed. The policy will also be followed at such times.

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.

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 permission slip'; these slips are available as a Microsoft form through this following link: [Pupil Fasting Notification Form](#) The form is also available in the appendix to this policy for parents who may not have online access to submit the form.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be listened to in a respectful manner; however the child will not be allowed to miss lunch.
- As part of our Health and Safety commitment, we have a duty of care to ensure we keep all pupils who are fasting safe. We will therefore be encouraging pupils not to participate in rigorous exercise during PE lessons, or by running around at lunch time, however, pupils may choose to participate in lighter PE classes such as Gymnastics or Yoga.
- Pupils not physically taking part in PE lessons will complete some health related learning or participate by watching and providing advice to other pupils during the PE lesson.
- At lunchtime, quieter spaces in the playground or Quad will be made available in order to conserve energy.
- 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 and the festival of Eid-ul-Fitr.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance to our Healthy Eating Policy.
- 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.

Health and Safety

- Parents MUST inform the school via the online Fasting Notification form or the form in the appendix if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.

Inclusion

- There is mutual co-operation between the parents of children who are fasting and the school.
- All children in the school are encouraged to feel positive about their family, their culture and their faith.
- Both an indoor and an outdoor prayer space will be created for pupils to use for prayer and reflection during the day in consultation with both pupils, members of staff and the Equity, Diversity and Inclusion Working Group for Botley School.

Legislative framework

This guidance has due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010
- DfE 'Keeping Children Safe in Education'

Date: January 2025

Review Date: December 2025/January 2026

Appendix

Pupil Fasting Notification Form 2025

To help us ensure your child can participate positively and safely during Ramadan, please complete the questions below to inform the school if your child will be fasting during the school day.

* Required

1. Name of child

2. Child's class

3. Age of child

4. Please indicate which days your child will be fasting *

- Friday 28th February
- Monday 3rd March
- Tuesday 4th March
- Wednesday 5th March
- Thursday 6th March
- Friday 7th March
- Monday 10th March
- Tuesday 11th March
- Wednesday 12th March
- Thursday 13th March
- Friday 14th March
- Monday 17th March
- Tuesday 18th March
- Wednesday 19th March
- Thursday 20th March
- Friday 21st March
- Monday 24th March
- Tuesday 25th March
- Wednesday 26th March
- Thursday 27th March
- Friday 28th March
- I wish to be more flexible and will inform the school by email on the day my child is fasting.

5. I understand that my child will need to bring an emergency snack and water bottle into school on the days they are fasting and that the school will inform me if my child is taken unwell whilst fasting. *

Yes