

Religious Fasting Policy

Milton Road Primary School



Where Learning is an Adventure

We want our children to be happy and healthy today, fulfilled in the future and able to make their world an even better place.

Current version	Khaleda Begum	Date 23 rd February 2026
Review by:	Matthew Webster	Date 24th February 2026

INTENT

“We want our children to be happy and healthy today, fulfilled in the future and able to make their world an even better place.”

Policy Statement

This policy provides clear guidance for staff and parents/carers regarding pupils who wish to fast during the month of Ramadan. The school recognises and respects the religious observance of fasting and is committed to supporting pupils in a safe, inclusive, and respectful manner.

This policy operates in line with the school's:

- Health and Safety Policy
- Equality Plan
- Safeguarding Policy

This policy is non-statutory.

Aims and Objectives

Whilst fasting during Ramadan is not compulsory in Islam before the age of puberty, the school recognises that some children may wish to fast or may be encouraged to do so in preparation for adulthood.

The school does not encourage children in Key Stage 1 (KS1) to fast.

The aims of this policy are:

- To provide a safe and supportive environment for pupils who wish to fast during part or all of Ramadan.
- To ensure that the health, safety and wellbeing of pupils is prioritised at all times.
- To maintain clear communication with parents/carers where concerns arise.
- To promote understanding, inclusion, and respect for the diverse faiths represented within the school community.

Roles and Responsibilities

Parents/Carers:

- Must inform the school in writing if they wish their child to fast during part or all of Ramadan.
- Must provide relevant medical information where appropriate.
- Must ensure their child is medically fit to fast.

School Staff:

- Will respect pupils' religious beliefs and observance.
- Will monitor pupils who are fasting for signs of illness, distress, or fatigue.
- Will inform parents promptly if concerns arise.
- Will make reasonable adjustments to support pupils who are fasting.

IMPLEMENTATION

Process

The school will take the following steps to ensure safe practice:

- 1) All parents/carers must inform the school office in writing if their child will be fasting. The parent will receive confirmation of receipt and the class teacher will be notified.
- 2) If a pupil states that they are fasting and the school has not received written confirmation, the matter will be handled respectfully; however, the child will not be permitted to miss lunch until confirmation is received.

- 3) Pupils with medical conditions that could be adversely affected by fasting (e.g. diabetes or other relevant medical conditions) will not be permitted to fast in school for health and safety reasons.
- 4) A space will be made available during lunch times.
- 5) A space will be made for prayer.
- 6) A member of staff will act as a designated person for pupils fasting.
- 7) Pupils who are fasting will not be expected to exert themselves physically.
 - a. The P.E. teacher will be informed of pupils who are fasting. Adapted Physical Education activities will be provided where necessary.
 - b. During break times, pupils who are fasting will be encouraged to use quiet and shaded areas of the playground.
- 8) In very hot weather, a quiet and cool indoor space will be made available.
- 9) If a pupil becomes unwell, dizzy, distressed, or shows signs of dehydration, parents/carers will be contacted immediately and the pupil will be encouraged to break their fast by drinking water and eating a snack.

Inclusion and Equality

The school is committed to fostering mutual respect and understanding.

- There will be co-operation and open communication between school and home.
- Pupils will be encouraged to feel proud of their family, culture, and faith.
- The school will promote an inclusive ethos that respects religious observance while prioritising safeguarding and wellbeing.

Monitoring and Review

This policy will be reviewed every two years or earlier if required due to legislative or safeguarding changes.

Review date: February 2028