



# KENSINGTON PRIMARY SCHOOL

## Fasting Guidance

For a variety of reasons, at certain times some individuals or communities may choose to have a period of fasting. Within Kensington's current school community, this is predominantly during the month of Ramadan.

This guidance is based on the guidance provided by the Standing Advisory Council on Religious Education (SACRE) who has consulted with Muslim Leaders in Newham as well as National Muslim groups like the Muslim Council of Britain. The SACRE guidance is also available to download from our website.

In line with their guidance, at Kensington children who have not yet reached puberty but want to experience fasting should do so at weekends or during the half-term. The school day places considerable mental and physical demands on children. If they are able to experience fasting when they are not also at school all day, they will be able to have appropriate rest and support.

For those children in Y6 who have already reached puberty and want to fast as a result, we ask that the below guidance is followed so we can ensure the health and safety of your child.

#### **Aims and Objectives:**

- To provide a safe environment for children who wish to fast.
- To ensure proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different beliefs held by the school population.

#### **Process:**

- All parents must inform the school in writing if they wish their child to fast.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however, the child will not be allowed to miss lunch.
- Children who are fasting should avoid over-exerting themselves physically.
- Children will be expected to continue participating in PE lessons but we will monitor them closely and ensure they do not over-exert themselves.
- All children who are fasting can either go home at lunchtimes – if they are collected by an authorised adult – or stay at school. There will be suitable seating areas available outside. We are not able to provide a separate room for children who are fasting.
- As is the tradition in the school, RE lessons and assemblies will be held during the school year to create an understanding of different faiths and beliefs.
- All children that fast should bring an emergency snack with them to school daily. This should be something healthy in accordance with 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 or by providing them with a snack from school and having a drink of water. The school will also contact the emergency contact provided by their parent or carer. Breaking the fast for health reasons does not invalidate the day. It still counts as a fasting day for the child if they intended to fast. An adult explaining this will then help to eat the snack and often more importantly drink the 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 as we cannot ensure their safety and wellbeing.

#### **Health and Safety**

- Parents must inform the school in writing if their child is fasting.
- The school will inform parents immediately if their child becomes unwell.
- Children who fast should conserve their energy and avoid over-exerting themselves.

#### **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.

Reviewed: February 2023

To be reviewed: February 2026