



HARLINGTON LOWER AND SUNDON LOWER SCHOOLS **RAMADAN FASTING POLICY**

Approved by Local Governing Committee: February 2026
Next review: February 2028

STATEMENT OF INTENT

The Local Governing Committee recognises its duties and responsibilities in relation to the Equality Act 2010 which requires that any child must not be discriminated against. Harlington and Sundon Lower Schools take the health and wellbeing of our pupils very seriously.

This policy outlines the framework for Harlington and Sundon Lower Schools to meet their duties and obligations to provide a high-quality education to all of its pupils. The following principles, which underpin this policy are:

- The involvement of children, parents and young people in decision making.
- The identification of children and young people's needs.
- Collaboration between education, health and social care services to provide support.
- High quality provision to meet the needs of children and young people with SEN.
- Greater choice and control for young people and parents over their support.
- Successful preparation for adulthood, including independent living and employment.

LEGISLATIVE FRAMEWORK

- 1.1. This policy has due regard to statutory legislation including, but not limited to, the following:
 - The Equality Act 2010
- 1.2. This policy also has due regard to guidance documents, including, but not limited to, the following:
 - ASCL 'Ramadan and Exams, 2016: information for schools and colleges' April 2020
 - DfE 'Keeping Children Safe in Education' September 2025

AIMS AND OBJECTIVES

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

RAMADAN – AN OVERVIEW

- 3.1. 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.

- 3.2. 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.

HEALTH AND SAFETY

- 4.1. Parents/carers will inform the school in writing if their child is going to participate in fasting. Staff will be asked to inform the Headteacher/Office Manager if they are fasting.
- 4.2. Harlington and Sundon Lower Schools will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- 4.3. Any pupils who fast will conserve their energy and not join in strenuous games.
- 4.4. No oral medication can be taken by a person who is fasting: however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the School's Administering Medicine Policy.
- 4.5. 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.
- 4.6. If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised, by a teacher, to terminate the fast immediately by drinking some water, in accordance with the schools' Health and Safety Policies. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.
- 4.7. Where members of staff are fasting, a discussion will take place between the Headteacher/Office Manager and the member of staff as to whether any adjustments need to be made and whether a risk assessment is required.

PHYSICAL EDUCATION

- 5.1. Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger.
- 5.2. Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- 5.3. The school will ensure that any pupils who are fasting are able to decide whether or not they wish to participate in swimming. As the potential for swallowing water is high, some pupils may not feel comfortable in participating in this sport. Other activities will be scheduled to replace swimming during Ramadan if necessary.

IMPLEMENTATION

- 6.1. During Ramadan, the school will dedicate some assemblies to the Muslim faith and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.
- 6.2. The school will consider the possible impact fasting and late night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports days, trips and celebrations.

IMPLEMENTATION DURING STATUTORY ASSESSMENTS

- 7.1. If Ramadan falls during a period of statutory assessments, the school will offer advice to fasting pupils who have important exams, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- 7.2. The school ask that parents of pupils fasting will be informed of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.
- 7.3. If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.

MONITORING AND REVIEW

- 8.1. The Local Governing Committee will review this policy every two years, ensuring that all procedures are up-to date.
- 8.2. Any changes made to this policy will be communicated to all members of staff.



We support children in becoming well rounded individuals where they naturally demonstrate the values of the school in all aspects of their lives.