

Ramadan Fasting Policy



2017/18

Physical Education

5.1. Pupils who are fasting can 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 can 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, 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.

6.3. The school will ensure that parents' evening and any school functions that occur in the evening are scheduled before or after the month of Ramadan.

6.4. The school will provide any pupils fasting with a supervised, quiet space to rest during their lunch hour.

6.5. The school will ensure that Sex and Relationship Education is not scheduled during Ramadan, as fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid any related thoughts and discourse.

Implementation during exams

7.1. If Ramadan falls during an examination period, 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.

7.4. All invigilators will keep a close eye on all pupils who are fasting to help avoid any disruptions to other pupils not involved.

Monitoring and Review

8.1. The Headteacher and governing body will review this policy, ensuring that all procedures are up-to-date.

8.2. Any changes made to this policy will be communicated to all members of staff

Date of next review July 2019