



The Wembley Schools Federation

Wembley Primary School and Lyon Park Primary School

Fasting Policy

Reviewed:	Approved by	Date of next review
March 2026	Full Governing Body	March 2027

Purpose

This policy outlines the Federation's approach to supporting pupils who are fasting for religious or cultural reasons. Fasting is the voluntary act of abstaining from food, and sometimes from drinks or certain types of foods, for a specific period of time.

The Federation recognises that fasting is an important aspect of faith for many families. The aim of this policy is to ensure that fasting is respected while maintaining the wellbeing and safety of all pupils.

This policy outlines the procedure to support children in Years 5 and 6 to exercise their religious and/or cultural beliefs. We do not encourage younger children to fast.

This policy has been developed in consultation with staff and parent/carers consultation groups.

Aims and Objectives

- The wellbeing and safety of children are the school's primary concern.
- To ensure the proper care of children is maintained and keep parents/carers informed if their child is unwell.
- There is mutual co-operation between the parents/carers 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.

Health and Safety

- Parents/carers will inform the school in writing if their child is going to participate in fasting. (Appendix 2)
- Children who are fasting (abstaining from food and drink) at Lyon Park Primary School will not be expected to sit in the canteen.
- Both Wembley Primary School and Lyon Park Primary School will inform parents/carers if their child, who is fasting, becomes unwell.
- Any children who fast will be expected to participate in regular school activities.
- In an emergency the school will administer any medicine that is deemed necessary.
- If there are concerns about any children who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis.
- If any members of staff notice signs of dehydration or exhaustion in any children who are fasting, then staff will advise the children, to terminate the fast immediately by drinking some water.
- This may be amended depending upon the weather e.g. if it is too hot for them to take part in sporting events without 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.

Implementation

- All parents/carers must inform their school in writing if they wish their child to fast; fasting will not be permitted without this consent.
- The school expectations of attendance and punctuality remain the same during any fasting period.
- Fasting during periods of statutory assessments (SATs) is not advised.
- Where a Request to Fast form has been received, children will be encouraged to participate in physical education lessons where it is safe and appropriate to do so. For activities that may present an increased risk during fasting such as swimming, reasonable adjustments will be considered only where parents/carers have made a specific request. Staff will also use professional judgement on a case-by-case basis, considering the wellbeing, safety, and religious observance of the child.

Specific Periods of Fasting – Ramadan

The school is aware of a variety of cultural and religious practices which involve fasting. The most common time for fasting to take place within the school community is during Ramadan. 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. 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. Alongside this, it endeavours to allow people the time to consider those less fortunate than themselves and promotes donation of money and vital resources to charities.

- Children will be reassured that if they have to break their fast for medical or health reasons, Islamic rulings allow them to break their fast and make it up later.
- Children are made aware that there is no obligation for young children to have to fast before they reach the puberty stage.
- During Ramadan, the school will dedicate an assembly 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. If necessary during assemblies and class time, teachers will discuss with children the importance of personal choice and family choices. This is to ensure that children do not feel pressured by their peers to do something that they or their family are not comfortable with.
- Appendix 1 – Ramadan Fasting Letter will be sent to all parents/carers to understand the school's position.
- Before Ramadan begins, staff should be familiar with the content within this policy.
- We ask that parents/carers of children fasting inform their children 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 academic performance.
- No child younger than the age of puberty is obliged or expected to fast. However, primary school age children may be encouraged by their families to do a partial fast, but ideally, such types of fasting should be under parental control and outside of school hours.

Appendix 1 Ramadan Fasting Letter

Requests to Fast

During the Holy Month of Ramadan, it is important that parents/carers understand the school's responsibilities to those children who may wish to consider fasting. For your information, the Federation/School has been advised that children who are not in years 5 or 6 are not required to fast and, as primary age children become very tired when they do not have regular meals and are

sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. 'Request to Fast' Form – Parents/carers who wish to give permission for their child to fast during Ramadan whilst at School, will need to complete, sign and return the enclosed form to the school.
2. Requests for Food – As the School is required to take care of all children and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed form has been provided.
3. Illness – If a child appears to be experiencing adverse physical or emotional effects due to fasting, e.g. dizziness, nausea, distress, etc., staff will offer that child food or drink, even if a completed form has been provided and may call the child's parents/carers and the emergency services, if they believe that it is necessary.
4. P.E. – During fasting children can participate in P.E. lessons as long as they are not putting themselves in danger by doing over strenuous exercise causing headaches, tiredness, drowsiness or dehydration.

Appendix 2 Request to Fast Form

I have read and understood the information provided by the Federation/School and I would like to request that my child or children, whose details are given below, be permitted to fast during the time frame outlined below.

Name of Child	Class	Date of Birth	Dates of Fast (From/Until)

Details of the Fast – exemptions etc.	
---------------------------------------	--

Parent/Carer

Full Name:

Address:.....

Signature:

Dated:

SLT Signature: Date: