



Meadgate Primary School Ramadan Fasting Policy

Written and adopted Spring 2026

Review Spring 2028



Ramadan – An overview

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.

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast or indeed wish to fast to prepare them for adulthood. We do not encourage children in KS1 or lower KS2 (Years 3 & 4) to fast.

School Aims

Meadgate Primary School is committed to:

1. Providing a safe environment for children who wish to fast during part or all of the month of Ramadan.
2. To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
3. To further develop understanding of the different faiths represented in the school population.

Implementation

1. 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 and be encouraged to drink as we would normally do in school.
2. Children who are fasting should not be expected to exert themselves physically.
3. RE lessons are held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
4. All children that fast will need to bring a healthy emergency snack with them to school daily.
5. 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.

Health and Safety

1. All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. We ask that parents complete a 'fasting permission slip'; these slips are available from the office or can be emailed on request.
2. If a child becomes distressed or unwell, the school will phone home to inform parents immediately.
3. 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 and having a drink of water.
4. For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting. At this time they will do some PE related written work, refereeing or judging.

5. Children who are fasting will not be encouraged to participate in rigorous activities at break or lunch time. They will however be encouraged to go outside for fresh air, but make use of quiet areas on the playground in order to conserve their energy.

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.



Ramadan Fasting Permission Slip



Child's Name: _____ Class: _____

- I give permission for my child to fast during the period of Ramadan.
- I give permission for my child to fast on the following date/s (please tick boxes for the relevant dates your child will be fasting in the table below)

	w/c	w/c	w/c	w/c
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

- My child will be allowed to drink water during the school day.
- I have read the Meadgate Primary School Fasting Policy and understand how the school will implement this.

Signed: _____

Print Name: _____

Date: _____