

Jennett's Park CE Primary

Ramadan Fasting Policy



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1. Overview

Our aims here at Jennett's Park are to ensure we live out our vision: Empowering our children to flourish and achieve under God's love. This comes from the passage in the bible where Jesus says: I have come to let you live life in all its fullness (John 10:10).

Our Rainbow Promise underpins everything we do at school. Just as the Rainbow was a sign of God's promise to Noah that from that moment God would enable Noah and the people of the earth to flourish and experience life in all its fullness. So as a school community we promise to do our best to enable all the pupils and adults of our school to flourish academically and professionally so that they might reach their potential.

Noah is a figure of shared importance across both Christianity and Islam. The Qur'an also honours Prophet Nuh (peace be upon him) as a symbol of perseverance and divine mercy.

The Rainbow is also a symbol of the diversity of our school community, but as a church school we recognise that we are all created and valued by God, and so as a school community we commit to care for and value each other.

The dove symbolises our need to persevere in some aspects of life as it is not always the first time we find success. It was not the first time that Noah had tried to find dry land and so we much seek strength within ourselves and from God to achieve.

All children and young people have a right to a primary education, which should be free. Our aim is that learning at Jennett's Park CE Primary School should empower children. It should celebrate success and progress for all, and be part of our role as heart of the local community.

These are our Promises to keep to our children to be able to serve the common good with our work as part of the Church of England. By following our Promises we know our curriculum suits local needs. We are woven together as a family.

At Jennett's Park we are:	Our Promises:
Educating for Wisdom, Knowledge and Skills	To help grow resourceful, resilient and reflective children who are equipped with the skills, knowledge and tenacity empower themselves, their learning throughout their lives.
Educating for Hope and Aspiration	To inspire and enrich lives beyond current opportunities and experiences in order to open minds to the potential their future holds
Educating for Community and Living Well Together	To be a multi-cultural, inclusive community of individuals loved by God who feel valued and involved where we create qualities of character to enable people to flourish.
Educating for Dignity and Respect	That children might know how much that they are loved and valued by so that they might show dignity and respect for themselves and others by carefully and safely thinking through their actions.

Ramadan – An Overview

Ramadan is the ninth month in the Islamic calendar, consisting of 29–30 days between one new moon and the next. Muslims are required to abstain from all food, drink from dawn to nightfall, the daily fast begins at the time of the Fajr (dawn) prayer and finishes at the time of Maghrib (sunset) prayer and is a 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 endeavors to allow people the time to consider those less fortunate themselves and promotes donation of money and vital resources to charities.

Ramadan is a time when Muslims try to spend more time in prayer and religious contemplation. Muslims offer extra prayers every night called Taraweeh. Many Muslims, including children, may stay up very late saying prayers and reading the Qur'an.

The routine of Muslim families is entirely different during Ramadan. Depending on the time of year, the whole household could be awake much earlier in the morning and staying up later at night. Young children may present more tired or excitable during school time even if they are not fasting themselves. Those pupils who are fasting may become very tired and thirsty during the school day.

The decision for a child to fast ultimately lies with their family, and the school will respect their wishes. Schools should not encourage children who are fasting to break their fast early unless it is for health and safety reasons. Breaking the fast before the correct time may be regarded as being worse than not fasting at all by some young pupils and their parents. The overriding consideration should be that the children do not feel disadvantaged in school activities because of their religious observance, however, if a fasting child exhibits health concerns, the school has an overriding safeguarding duty of taking action to enable the child to have the best outcome, as governed by DfES's statutory guidance. As such, Jennett's Park will have a closer and more direct link with parents so we can express any concerns as they arise and share this responsibility.

New and supply staff will need to be made aware of the importance of Ramadan and the school's responsibilities.

Aims and Objectives

- To further develop understanding of the different faiths represented in the school population.
- To facilitate religious practices for pupils who wish to fast during, part of, or for all of, the month of Ramadan.
- To facilitate religious practices for pupils who wish not to fast but may still wish to take part in prayer times.
- To ensure the proper care of pupils is maintained and to keep parents/carers informed if their child is unwell.

Health and Safety

- Parents/carers will inform the school in writing if their child is going to participate in fasting. Parents may wish to tell us other information relevant to your family that we can hope to support in school.
- Pupils who are fasting may wish to go home for lunch period or may stay in school. Parents will contact secretary@ email to work on a suitable plan for this.
- Children who are fasting can opt to use the seated areas outside or in library in order to conserve their energy.
- Any pupils who fast will be expected to participate in regular school activities.
- Jennett's Park Primary School will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- 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.

- If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then a teacher will advise the pupil, to terminate the fast immediately by drinking some water. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later. Parents will be notified immediately and appropriate medical observance given.
- Children are made aware through assembly and reinforced by staff that there is no obligation for young children to have to fast before puberty stage. In addition, it will be shared that it is up to individuals and their families to consider whether they want to fast at this stage of their lives.

Physical Education

- Pupils who are fasting are able to partake in physical activities, as long as they are not putting themselves at risk or danger.
- Pupils will not do strenuous exercise, as they will be at high risk of headaches, tiredness, thirst and drowsiness, due to dehydration.
- Depending on the time of year, after school activities may need to be adapted to allow pupils to be able to carry out their religious duty of breaking the fast on time where necessary.

Implementation

- 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.
- Anticipate that fasting may make some pupils weak or tired, and where possible adapt the curriculum as appropriate.
- If Parents Evening or meetings required after school regarding a pupil that is fasting, Jennett's Park will ensure effective communication with parents to understand and respect the needs of the communities they serve and will therefore rearrange the meeting to take place at a more suitable time.

Medication

- Oral medication is not allowed to be taken by a person who is fasting. Anyone needing regular medication (e.g. insulin) during fasting hours is normally exempt from fasting. Medication can be taken once the fast has ended. Medical injections can be taken by a person who is fasting and their fast will still be valid. Non-oral injections do not break the fast, unless they are nutritive (i.e. they provide nourishment). Guidance should be sought from local Muslim organisations on specific issues if necessary. During emergencies, where a child's wellbeing is at risk, medicine should be administered. Routine vaccinations should be scheduled, if possible, for other times of the year.

The school will consider the possible impact fasting and late-night prayers during Ramadan.

Implementation during SATs

- If Ramadan falls during SATs, (or the revision period leading up to SATs) the school will offer advice to fasting pupils, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness.
- We ask that parents of pupils fasting will 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 performance.

Implementation of prayer times

- During Ramadan, the school will have an awareness and be considerate of daily prayer times. This shouldn't affect the pupil's education during school hours and may only last approximately 10-15 mins.
- Depending of the month of Ramadan coinciding with winter period, the prayer timings are a lot closer together with the sun setting a lot earlier. This means there could be a maximum of 2 prayers that could occur during the school day.
- Where appropriate, provide supervised, sanitised, ventilated and appropriate rooms that are sensitive to the needs of the participants, (where possible one for girls and one for boys).
- Where appropriate, make available washing facilities and a vessel for washing. To perform ablution, pupils wash their face, arms, wipe over their head and wash their feet. The pupils should ensure the area is clean and any water spillage should be minimised as much as possible. Those wishing to pray can bring their own prayer mats during this time, and if they wish to, slippers to wear after ablution. Sensitive, sanitised storage for these items should be agreed with those concerned.

Eid al-fitr

The month of Ramadan culminates with the festival of Eid ul-Fitr, Muslims cannot be specific with the date beforehand as it is dependent on a visual moon sighting. Lewisham Islamic Centre customarily provides an update on www.lewishamislamiccentre.com as soon as confirmation has been received.

The Islamic calendar is subject to the sighting of the new moon, or from recognised Islamic authorities and therefore, there is some uncertainty in establishing the date until the last moment.

It should also be understood that different Muslims in Britain might follow different days depending on their country of origin or the school of thought they follow.

Generally, 'a day exclusively set apart for religious observance' is a day when the pupil's parents would be expected by the religious body to which they belong to stay away from their employment in order to record the occasion. Agreeing a one day authorised absence for religious observance at Eid-ul-Fitr (a 10-day holiday in some Muslim countries) and another day for Eid-ul-Adha (the festival at the time of the annual Hajj Pilgrimage), then consideration will be given to this on an individual basis.

If in doubt, schools can seek advice from the parent's religious body about whether it has set the day apart for religious observance. If a religious body sets apart a single day for a religious observance and the parent applies for more than one day, the school may only record one day using this code; the rest of the time would need a leave of absence, and this is granted at the school's discretion as set out under Code C. Each case will be considered on an individual basis, looking at patterns of absence and the impact on the overall attendance level.

Requests for leave from individual members of staff should be treated sympathetically by the Headteacher and governing body.

Parents should contact the school via the [secretary@](mailto:secretary@jennetts-park-va.org) email to allow for best communication.

