



Alexandra Park Junior School

To Learn, Be Happy and Achieve Our Best

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Dear Parents,

Following guidance and research that we have undertaken, it is our understanding that children are only required to fast from the age of puberty. We are aware that some parents may wish their child to start fasting before this age depending on the child's general health and tolerance to hunger.

Since Ramadan takes place during the British summer months where the days are very long, fasting can be difficult even for adults. Therefore, we are allowing only Year 6 children to fast if they wish to. Children who are not in Year 6 will not be allowed to fast.

However, no Year 6 child during SATs week will be allowed to fast as the combination of long days, higher temperatures and exam pressures will be too much for them to handle. As a school, we have taken this decision to safeguard our children and to ensure that they are given all opportunities to achieve their full potential in these very important exams. Any parents who would like to discuss this decision are welcome to make an appointment with Mrs Seabright.

After SATs week, if you give consent to your child (Year 6 only) fasting, **you must write in their planners each day that they keep a fast**. Please note that if your child has a medical condition, feels weak during the fast, or is unable to keep up with their learning, school will ask them to break their fast and staff will contact you with the reason. This is a safeguarding issue and it is our duty to keep the child safe.

For further information, please see our school policy on 'Ramadan Fasting'.

Finally, on behalf of the school, may I wish you and your family a peaceful and blessed month.

Yours Sincerely,

Mrs J Seabright
Headteacher

Mufti Hilal



Ramadan Fasting Policy

This policy was devised in consultation with a range of members of the school community including representatives from the Muslim religion. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast to prepare them for adulthood. However, in school, we do not expect any children below Year 6 to keep fasts.

Aims and Objectives:

- To ensure the proper care of children is maintained
- To provide a safe environment for children keeping fasts.
- To further develop understanding of the different faiths represented in the school population.

Implementation:

- All parents MUST inform the school in writing if they wish their child to fast during the month of Ramadan. We ask that parents write a permission note in their child's planner each day they are fasting.
- If a child says that they are fasting, but the school has not received a permission note from their parents, they will not be allowed to miss lunch.
- Children who are fasting should not be expected to overly exert themselves physically, however they will need to take part in Physical Education (PE) lessons.
- Children who are fasting will be encouraged to make use of quiet areas on the playground to conserve their energy.
- In the occasion of a child becoming distressed or unwell when he or she is fasting, the school will ask the child to break their fast by offering a small snack and having a drink of water. This becomes a safeguarding issue. Parents will be contacted to be informed.
- If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child would not be permitted to fast at school.
- RE lessons and assemblies will be held during the school year to create an understanding of the Muslim faith, Ramadan and the festival of Eid-UI Fitr.

Inclusion

- There is a 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.

Date: April 2019

Review Date: April 2020

Signed:

Reviewer: