



Grange Academy

Belong • Believe • Achieve

Article 14: *You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.*

Article 30: *You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.*

Fasting Policy

Policy Status: Recommended

Review Cycle: 2 Years

Owner: Headteacher - SLT

Date: March 2025

Approved by: SLT

Date: March 2025

Review Date: March 2027

Article 30: You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

Grange Academy upholds its duty under the Equality Act 2010 to support pupils' rights to express their religious beliefs.

The following principles, which underpin this policy are:

- The involvement of children, parents and our pupils in decision making
- The identification of children and young people's needs
- Collaboration between education, health and social care services to provide support
- High quality provision to meet the needs of all our pupils
- Greater choice and control for our pupils and parents over their support
- Successful preparation for adulthood, including independent living and employment.

This policy has due regard to statutory legislation and guidance documents including, but not limited to, the following:

- The Equality Act 2010
- [ASCL - Ramadan guidance for schools and educational settings: PE and physical activity](#)
- DfE 'Keeping Children Safe in Education' September 2024

At Grange, we aim to:

- provide a safe environment for pupil who have reached puberty who wish to fast during part of, or for all of, the month of Ramadan.
- ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.
- Further develop understanding of the different faiths represented in the school population.

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 do not consume any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self, through prayer and reflection.

Fasting is only obligatory under Islamic tradition when a child becomes an adult. However, opinions differ over when this is. It is recommended for children to practice shorter and partial fasts in order to train them for the full fasting when they become adults. Parents and carers may consider the following points of view to facilitate their decision making:

- The 'biological maturity' view: children become adults when they reach physical or biological maturity, that is, puberty. According to this view, children are expected to fast at the age of 15, possibly earlier.
- The 'intellectual maturity' view: children become adults upon attaining intellectual maturity in addition to biological maturity. According to this view, the expectation to fast will occur at some point between the ages of 16 to 19. Fasting, including partial fasting, is only recommended before this. While children of primary age are considered too young to observe the full fast they may wish to practise a partial fast which should be done under the supervision of their family or carers outside school hours

Parents/carers will inform the school in writing if their child is going to participate in fasting so they can be supported. School will facilitate a quiet calm space for pupils at lunchtime during their fast.

Grange Academy will inform parents/carers immediately if their child, who is fasting, becomes unwell.

Any pupils who fast will be given the option to conserve their energy and not join in strenuous games especially when it is hot.

No oral medication can be taken by a person who is fasting; however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the School's Administering Medicine Policy.

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 the pupil will be advised, by a teacher, to terminate the fast immediately by drinking some water, in accordance with the school's Health and Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast.

Pupils who are fasting are able to partake in some 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 and drowsiness, due to dehydration. The school will ensure that any pupils who are fasting are able to 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.

During Ramadan, the school will dedicate some assemblies or form time activities to the Islamic faith and the festival of Eid-ul-Fitr, to create a more thorough understanding of the religion and throughout the school.

The school will consider the possible impact fasting and late-night prayers during Ramadan may have on Islamic pupils when setting dates for other activities, such as sports days, trips and celebrations.

If Ramadan falls during 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. 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.