



BUCKINGHAMSHIRE COUNCIL



Thomas Hickman School

Fasting Policy

Adopted by Governing Board Meeting

23rd January 25

Governing Body accountable for review:

SLT Member accountable for review: Headteacher

Date of creation : January 2025

Date of next review: January 2026

Signed: Date:

Fasting Policy

Introduction

At Thomas Hickman School, we celebrate and respect the diversity of our community and the faiths represented within it. We understand that fasting during the holy month of Ramadan is an important practice for many Muslim families. While fasting is not compulsory before the age of puberty in Islam, we recognise that children may wish to fast as part of their preparation for adulthood or to participate in the spiritual experience of Ramadan.

This policy aims to provide a safe and supportive environment for children who wish to fast, ensuring their health, well-being, and education remain a priority.

Aims of the Policy

- To provide a safe environment for children who wish to fast during part or all of Ramadan.
- To ensure the health and well-being of fasting children and to keep parents informed if their child becomes unwell.
- To develop understanding and respect for different faiths and cultures within our school community.

School Guidelines

1. Eligibility to Fast

At Thomas Hickman School, we respect and support families observing fasting practices. We understand that fasting may look different for each child and that each family may have different arrangements for fasting. While we recognise that children in Year 5 and 6 may often wish to fast, we also acknowledge that some younger children in Years 3 and 4 may wish to participate as well. We accommodate various arrangements, including half-day or full day, based on what works best for your child and their well-being.

To ensure the safety and wellbeing of all children, please note the following guidelines:

- Parents/carers who wish for their child to participate in fasting must complete and return the consent form attached in Appendix A. Without a signed consent form, children will not be permitted to fast.
- For safety reasons, children with medical conditions that could be adversely affected by fasting (e.g., diabetes) will not be allowed to fast while at school.

2. Parental Communication

- Parents must inform the school in writing if they wish their child to fast. This should include completing a 'Fasting Permission Form' prior to Ramadan.
- Parents must notify the school immediately if there are any changes to fasting arrangements.
- A written request is mandatory. Without it, the school will assume the child is not fasting.

3. Health and Safety

- Fasting children must bring an emergency snack and water to school in case they feel unwell or need to break their fast.
- If a child shows signs of dehydration or exhaustion, they will be encouraged to eat or drink. Staff will handle this sensitively, explaining to the child that their health is a priority.
- The school will contact parents immediately if a fasting child becomes unwell.

4. Physical Activities

- Fasting children will continue to participate in the full curriculum, including PE and Music. However, adjustments may be made to ensure their well-being, such as modified participation in PE.
- On PE or swimming days, parents may wish to consider whether their child should fast.

5. Prayer Arrangements

- A quiet and supervised space will be provided for children who wish to pray during lunchtime.
- Children who wish to pray must bring their own prayer mat and inform the school in advance.

6. Charity and Awareness

- The school will participate in the spirit of Ramadan by raising funds for charitable causes, reflecting the values of compassion and generosity.
- Assemblies and lessons will help raise awareness of Ramadan and its significance for non-Muslim pupils.

Parental Responsibilities

We ask parents/carers of fasting children to:

- Speak to their child about their decision to fast and encourage them to listen to their body.
- Ensure their child has an emergency snack and water.
- Maintain open communication with the school about fasting arrangements and any concerns.
- Continue to promote good school attendance and engagement in all activities.

At Thomas Hickman School, we are committed to supporting our Muslim families during Ramadan while ensuring all children are healthy, safe, and able to thrive in their education. This policy will be reviewed annually to reflect the needs of our community and any guidance issued by religious scholars or educational experts.

For further information or support regarding this policy, please contact the school office.

Dear Parents/ Carers,

From sundown on Sunday 28th February until Eid al-Fitr, around March 30th 2025, our Muslim community will begin observing the holy month of Ramadan. This is a blessed time for our Muslim families centred around fasting, reflection, charity and prayer.



Ramadan Mubarak!

Please tick the day/days your child **will be fasting**.

Please indicate if these days are **PE days** for your child and return to your class teacher as soon as possible.

Child's name: Child's class:

Signed by Parent/Carer:

Monday	Tuesday	Wednesday	Thursday	Friday
			27/02	28/02 Comic Relief Mufti
03/03 Year 6 - Bikeability	04/03 Boys football match	05/03 Year 5/6 Girls Football match	06/03 Netball match	07/03 World Book Day
10/03	11/03 Girls football match	12/03 Year 5/6 Hockey match	13/03 Cross country	14/03
17/03	18/03	19/03	20/03 Year 3/4 Girls football Year 5 Decoy Farm Trip	21/03 Clubs end
24/03 Year 6 Practice SATS week	25/03	26/03	27/03	28/03
31/03 Year 6 Residential Predicted Eid day	01/04			