



Uplands Junior L.E.A.D. Academy
A L.E.A.D. Academy

Fasting Policy

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Ramadan

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. Alongside this, it endeavours to allow people the time to consider those less fortunate themselves and promotes donation of money and vital resources to charities.

Aims and Objectives

- To further develop understanding of the different faiths represented in the school population.
- To facilitate religious practices for pupils at Uplands Junior L.E.A.D. Academy who wish to fast during, part of, or for all of, the month of Ramadan.
- To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

Health and Safety

- Uplands Junior L.E.A.D. Academy will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- Any pupils who fast will be expected to participate in regular school activities.
- A person who is fasting can take no oral medication: however, in an emergency the school will administer any medicine that is deemed necessary.
- 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.
- 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 are 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.



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Implementation

- Immediately before or 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.
- 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.