



# HOMEFIELD PREPARATORY SCHOOL

## Ramadan Policy

This policy also applies to the EYFS

Updated	Review Date	Version
February 2026	December 2027	2026.01

**Signed:** Ms M Gardiner Boiling (Chair of Governors)

## **Ramadan – An Overview**

Fasting during the month of Ramadan is one of the five pillars of Islam and an important act of worship. It is a key observance for most healthy adult Muslims and those maturing towards adulthood.

Ramadan is the ninth month in the Islamic calendar. It is 29-30 days of fasting, prayer, self-discipline, charity and goodwill to others. Those who fast during Ramadan do not consume any food or drink, including water, between sunrise and sunset. Fasting during Ramadan is an obligation for Muslims past the onset of puberty, with some exceptions, such as illness. Some Muslim families introduce the practice of fasting from an earlier age. SACRE (Standing Advisory Council on Religious Education) advises schools to support observance of the fast only for pupils in Year 5 and above, and not before the age of eight as it is the accepted view of health professionals that fasting prior to the age of eight is not advisable.

The Islamic calendar is subject to the sighting of the new moon, or the news of this from recognised Islamic authorities. Therefore, the exact date may not be decided far in advance. It should also be understood that Muslims might follow different days depending on their country of origin or the school of thought they follow.

### **Aims and Objectives**

- To support Homefield's inclusive ethos, underpinned by our value of Respect, with pupil wellbeing and belonging at the centre.
- To support pupils in Year 5 and above who wish to fast for part, or all, of the month of Ramadan.
- To ensure the proper care of pupils is maintained, and to keep parents/carers informed of any concerns.
- To increase awareness and understanding of the month of Ramadan and the festival of Eid ul-Fitr.

## Implementation

### Homefield School and Staff:

- School will keep an up-to-date central register of pupils who will be fasting, including what their fast will involve (e.g. whether a boy is fasting for the whole day, or part of the day, and on which days) based on the information and consent provided to them by parents.
- Staff will be aware of which boys are fasting by obtaining the information from the central register, and will support boys as required with reference to the school's wellbeing procedures.
- Staff will generally not ask a boy whether he is fasting, and will refer to the central register. In some circumstances, staff may need to ask the child directly, for example to support him if he is unwell or in the event of a medical emergency.
- Staff will be mindful that it is the boy's decision to fast. Staff will not tell pupils whether to fast, or whether to end their fast. If the pupil chooses to end his fast, that is his decision. Staff will respect the decision of the student, which is made in conjunction with parents.
- If a child becomes unwell, staff will follow normal protocols as outlined in our First Aid Policy.
- School will provide boys with the option to avoid strenuous exercise on the playground at break times by spending their break times in our calm area.
- School will provide boys with the option not to go to the Dining Hall at lunchtime and spend time in other areas such as the playground, calm area or Wellbeing Club.
- As per our Attendance Policy, the School will authorise an absence for a religious observance.

### Parents:

- Parents will give consent to both the child and the school for their son to fast.
- Parents will inform the school in writing via an online consent form of the exact nature of fasting that they have agreed with their son. Parents must have submitted this online consent form before their son arrives at school.
- Parents will ensure that the fasting arrangements for their son are age-appropriate and that he is ready and willing to fast as agreed.
- Parents will consider whether optional activities that extend the duration of their son's school day are appropriate while he is fasting (e.g. before and after-school extra-curricular activities).
- If a boy is not fasting every day, parents will consider which days are more appropriate for their son to fast, taking into account the school timetable, e.g. PE & Games lessons, exams etc. School staff will be happy to advise parents on this and we encourage parents to reach out for advice if they wish.
- Parents will inform their son that they may end their fast if they want or need to for any reason.

- If requesting a leave of absence for their son to observe Eid ul-Fitr, parents will give as much notice to the school as possible, and will ensure that their son is not absent from school for more days than are authorised.
- Parents of boys in Year 4 and below will explain to their son that they are not permitted to fast at school.

#### Students:

- Boys will fast as they have agreed with their parents, which will have been communicated to the school, unless they feel unwell or unable to do so.
- Boys will tell a member of school staff if they feel unwell, or if they feel unable to fast for any reason such as tiredness or illness.

### **Health and Safety**

- Boys who fast will be expected to participate in regular school activities, unless doing so poses a risk to their health.
- If a child becomes unwell, staff will follow normal protocols as outlined in our First Aid Policy.
- If concerned about a boy who is fasting, staff have an overriding safeguarding duty and will apply judgement and common sense on a case-by-case basis.
- As part of their duty of care, staff can advise a pupil to end their fast, e.g. if they are evidently dehydrated or exhausted. However, it will still be the pupil's decision. Staff will always communicate with parents to involve them in this process. If parents cannot be contacted, staff will advise the child, but the decision will remain with the pupil.
- A student who is fasting can take no oral medication. However, in an emergency, the school will administer any medicine that is deemed necessary.

### **Physical Education and Games**

- Pupils who are fasting should continue to participate in curriculum physical activities where possible, unless doing so poses a risk to their health.
- Students will be able to avoid strenuous elements of the lesson, and may be able to participate in a less strenuous activity instead.