

St William of York Catholic Primary School
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Headteacher: Mrs C Lightbown



11th March 2024

Dear Parent,

We have had a few children come into school today and inform us that they are fasting. Having consulted with other local schools, we aim to be consistent, respectful and fair to all our pupils.

Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children are often encouraged to fast, or indeed, wish to fast to prepare them for adulthood. We will therefore support the fasting of Ramadan. However, as it is not obligatory for young children, until they reach the age of adolescence, we do not allow children in KS1 or lower KS2 (Years 3 & 4) to fast. Children in Upper KS2 (Years 5 & 6) are allowed to fast if they choose to do so and with parental permission.

IMPLEMENTATION

- All parents must inform the school in writing if they wish their child to fast for part or all of the month of Ramadan. We ask that parents complete a fasting permission slip.
- If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however the child will not be allowed to miss lunch.
- Please note that we do not have extra staff supervision for children who are fasting at lunchtimes. The children will go straight out on to the playground.
- Children who are fasting should not be expected to exert themselves physically.
- For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting.
- Children who are fasting will not be allowed to participate in rigorous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.
- As is the tradition in the school, RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festivals of Eid.
- All children that fast will need to bring an emergency snack with them to school daily. This should be something healthy in accordance to our Healthy Eating Policy.



- In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the school will encourage the child to break their fast by eating their emergency snack and having a drink of water.
- If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child will not be permitted to fast at school.

HEALTH AND SAFETY

- Parents **MUST** inform the school via a permission slip if their child is fasting (see permission slip overleaf).
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must conserve their energy and not join in strenuous games.

INCLUSION

- There is 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.

Yours sincerely,

Mrs Lightbown
Headteacher

Ramadan Fasting Permission Slip

Child's Name: _____

Year Group: _____



I give permission for my child to fast during the period of Ramadan. I have read the attached letter and understand how the school will implement provision for fasting.

Signed: _____

Print Name: _____

Date: _____