

Chandos Primary School
Statement Regarding Ramadan and Fasting

At Chandos we recognise the importance of the period of fasting at Ramadan. It is also important that parents understand the school's responsibilities to those children who may wish to consider fasting.

Following consultation with local schools and faith leaders it has been decided that ONLY year 6 children are permitted to fast during school hours. As primary age children can become very tired when they do not have regular meals and are sometimes unable to safely perform the activities expected of them during the course of a school day, we want to explain the procedures that will be followed to ensure the well-being of your child or children:

1. 'Request to Fast' Form – Parents who wish to give permission for their child to fast during Ramadan whilst at School, will need to complete, sign and return the enclosed form to the School; this request is limited to children in year 6 only. This will be for a maximum of three days a week, as no fasting is permitted on days pupils have physical education. Fasting is also not allowed on trips.
2. Lunch time arrangements - During the week, fasting children will have to come inside school during lunchtime to be able to rest and reflect for a short period while their friends are having their lunch.
3. Requests for Food – As the School is required to take care of all pupils and cannot ignore the needs of a hungry or thirsty child, the staff will comply with requests for food or drink received from a child, even if a completed Form has been provided; parents will be informed when this is the case.
4. Illness – If a child appears to be experiencing adverse physical or emotional effects due to fasting staff will offer that child food or drink, even if a completed Form has been provided and will call the child's parents or guardians, and the emergency services, if they believe that it is necessary. Parents will always be informed if this is the case.

No children in other classes will be permitted to fast, but we encourage parents to discuss times when children can be monitored (especially at weekends) to practise for their future fasts.

Adopted by Governors July 2016

Signed Chair of Governors _____ **Date** _____

Chandos Primary School

RAMADAN REQUEST TO FAST

CHILD'S NAME: **Class/Year 6 only :**.....

SIGNED: (Parent/Carer).....

I consent to my child to fast on the following days (please tick) and for the school to contact me if there are any difficulties on these days:

Week Beginning June 6th

<u>Mon 6</u>	<u>Tue 7</u>	<u>Wed 8</u> Y6/PE no fast	<u>Thur 9</u> Y6/PE no fast	<u>Fr 10</u>
--------------	--------------	-------------------------------	-----------------------------------	--------------

Week Beginning June 13th

<u>Mon 13</u>	<u>Tue 14</u>	<u>Wed 15</u> Y6/PE no fast	<u>Thur 16</u> Y6/PE no fast	<u>Fri 17</u>
---------------	---------------	--------------------------------	------------------------------------	---------------

Week Beginning June 20th

<u>Mon 20</u>	<u>Tue 21</u>	<u>Wed 22</u> Y6/PE no fast	<u>Thur 23</u> Y6/PE no fast	<u>Fri 24</u>
---------------	---------------	--------------------------------	------------------------------------	---------------

Week Beginning June 27th

<u>Mon 27</u>	<u>Tue 28</u>	<u>Wed 29</u> Y6/PE no fast	<u>Thur 30</u> Y6 children to Secondary Schools – no fast	<u>Fri July 1</u>
---------------	---------------	--------------------------------	--	-------------------

- The children are not permitted to fast on the days they have PE as indicated above. You may choose any or all of the above that are blank.
- Your child will be asked to stay inside for some of lunchtime like the rest of the school, and in extreme hot days for the whole lunchtime in case of dehydration. Without this consent form children CANNOT fast.
- The school retains the right to allow children to break the fast if their health is in jeopardy, but will contact parents when this is the case.
- To be returned to the front office by Friday June 10th. Without this form children will have to have a lunch.