



Gainsborough Road, Stratford, London E15 3AF  
Tel: 0207 476 3533 / Fax: 0207 511 2922  
info@gainsborough.newham.sch.uk  
Ms D Strain  
Head Teacher

Friday 19<sup>th</sup> May 2017

Dear Parents / Carers

The school is aware that Muslim families will be preparing for the month of Ramadan. Having been given advice from Muslim leaders in Newham, as well as reading advice from National Muslim groups like the Muslim Council of Britain we have devised a policy.

If you decide to allow your child to fast you need to write to me to let me know. If you would like to discuss anything further then please contact your child's class teacher or a member of the senior management team.

The school wishes you and your family a peaceful and blessed month and a very happy Id ul-Fitr.

Yours faithfully

D Strain  
Headteacher

#### POLICY ON FASTING

This policy was devised in consultation with a range of members of the school community including representatives from the Islamic religion. 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 do not encourage children in KS1 to fast.

We also acknowledge that fasting is not just something Muslims wish to conduct and that people from other faiths also fast. They should also be covered by the guidelines around fasting and we are respectful that this may not take place during the month of Ramadan.

#### Aims and Objectives

- To provide a safe environment for children who wish to fast.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.
- To further develop understanding of the different faiths represented in the school population.

#### Implementation

- All parents of children who will be fasting 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 'weekly fasting permission slip'; these slips are available from the school.
- 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.
- Children who are fasting will be encouraged to actively participate in their learning.
- For Health and Safety reasons, pupils who are fasting and engaging in active physical education lessons will be monitored carefully in case of fatigue or illness.
- Children who are fasting will be encouraged to join their peers outside. During the time their peers are eating they are not expected to join them in the lunch hall.
- RE lessons and an assembly will be held during the school year to create an understanding of the Muslim faith and the festival of Eid-ul-Fitr.
- 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 a piece of fruit 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.
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#### Health and Safety

- Parents MUST inform the school via weekly permission slips if their child is fasting.
- The school will inform parents immediately if their child who is fasting becomes unwell.
- Children who fast must be monitored carefully should they become unwell during sports and physical activities.

#### 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.

