

Bledlow Ridge School



Fasting Policy

Date agreed: November 2025

Review date: November 2027

We understand that parents may encourage children to fast for religious reasons, or indeed a child may wish to fast. We do not encourage children in KS1 to fast.

Aims and Objectives

- To provide a safe environment for children who wish to fast; for example, during part or all of the month of Ramadan.
- 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 must inform the school in writing if they wish their child to fast.

We ask that parents give specific details of how their child is observing the fast.

If a child says that they are fasting, but the school has not received written permission 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 should not be expected to exert themselves physically.

For Health and Safety reasons, pupils who are fasting may 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 lunch time. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.

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 in writing if their child is fasting.

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 cooperation 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.