

KINGSWAY COMMUNITY TRUST

FASTING POLICY

January 2026

Fasting Policy

Introduction

At Kingsway Community Trust many of our pupils follow the Islamic faith. We aim to create an inclusive and supportive environment for Muslim students who may choose to fast in Ramadan.

Ramadan is the ninth month in the Islamic calendar, and it consists of a 29–30 day period of fasting, self-control, charity-giving and goodwill to others. Fasting is obligatory for all males and females once they reach the age of puberty. We understand, however, that some children who have not yet hit puberty can be encouraged to fast or indeed themselves wish to fast to prepare themselves for adulthood.

This policy outlines how school will ensure that a safe environment is provided for children who wish to fast during Ramadan. It has been written taking account of advice from local mosque leaders, referring to guidance from recognised Islamic bodies, liaising with primary schools and others with specialist knowledge and in consultation with MCB and CMA.

Children for whom fasting is considered obligatory, will be given the option to receive some rest, reflection and downtime in a classroom supervised by a staff member, away from the dining room if they choose to. (Please be aware that school is unable to accommodate downtime in a classroom over the lunch period for children for whom fasting is not obligatory).

Aims

In respect of the Muslim children and staff at KWCT, we believe it is essential that we follow these guiding principles:

As a school we will:

- Recognise the values of Ramadan in the lead up to and during the month of fasting.
- Raise awareness and understanding of the expectations and traditions of Ramadan for those who are not Muslim.
- Enter into the charitable spirit of Ramadan by raising funds for the poor and the needy in the world.
- Ensure all staff develop a good awareness of the factors that may affect the children in their care during Ramadan.
- Support and be considerate to the children and staff who are fasting, partially or fully, during the month of fasting.

- Communicate with parents and carers to confirm how many children are fasting, so that the school kitchen can be fully prepared. A permission letter will be sent out in advance.
- Ensure children continue to access the full school curriculum, which includes PE and Music, and continue to engage fully in school life.

Implementation

Parents of fasting children must complete a permission form to notify school if their child is fasting. This should be done before the period of fasting to enable school to ensure appropriate supervision is in place.

Parents of fasting children must continue to promote good school attendance and engagement in all parts of school life and recognise the requirement for participation in the full school curriculum. Appropriate modifications will be considered, if necessary, e.g. walking rather than running for example in PE Lessons in warmer months.

If the school has concerns about the child's health or safety whilst fasting, this will be discussed with the family and where necessary, relevant healthcare professionals.

If a fasting child becomes unwell, school will respond as they would with any unwell pupil i.e providing appropriate care (which may include encouraging the child to break their fast) and then contacting parents/carers.

Parents are asked to consult with the school in advance if the fasting period overlaps with an overnight educational visit. School will endeavor to book such trips to not coincide with Ramadan.

Parents must also consult with the school about fasting children with specific medical conditions that present a well-being concern.

The school is committed to balancing their safeguarding and educational responsibilities with respectful consideration for religious practices.