



FOUNDED 1879

**HALLFIELD SCHOOL
FASTING GUIDELINES FOR PARENTS**

Head Master	Mr K Morrow
Chairman of Governors	Mr G Ralphs
Staff member with responsibilities	Head of Prep
Sub-committee with responsibilities	SLT
Date Approved by SLT	Spring 2025
Date for review	Spring 2028 <i>Unless new legislation requires amendment</i>

***“Hallfield School promotes the safeguarding and welfare of pupils in its care;
These guidelines support the Safeguarding Policy”***

Ethos

Hallfield School is a School founded on Christian Principles that admits pupils of all faiths and none. As a multicultural and multi-faith school, we aim to respect all faiths and cultural backgrounds and seek to build understanding and harmonious relationships between all members of our school community.

Definition

Fasting is the willing abstinence or reduction of some or all food, drink, or both, for a period of time.

Certain religions and philosophies undertake fasting. Fasting can last for just a few hours or even a few weeks, usually with participants eating at night.

School Position

The guidelines have been written to meet the religious needs of any child wishing to fast during the school day, and in particular to ensure that the needs of the pupils are met during the fasting period as this is a significant period of time during which the pupils have limited intake of water and food.

The guidelines must also take into account the health & safety aspects of fasting alongside supervision levels within school.

Parents and pupils are expected to adhere to the Fasting Procedure.

Aims and Objectives:

- To further develop understanding of the different faiths represented in the school population.
- To provide a safe environment or procedure for pupils who wish to fast at any time, whether it be for a single day, selected days or a longer period of time such as the month of Ramadan.
- To ensure the religious needs of each pupil are not compromised, whilst still ensuring they are in the best possible physical and mental state in order to successfully participate in all curriculum activities.
- To ensure the proper care of pupils is maintained and keep parents informed if their child is unwell.

The Requirement for Primary Age Pupils to Fast

- As fasting for young pupils is not obligatory for pupils until they reach the age of puberty, along with the other acts of worship, at Hallfield School we do not recommend allowing pupils below this point to fast at school.
- At Hallfield School we recognise that pupils who are below the age of 10 and have not yet reached puberty often choose to fast for part of the day or on certain days of the week as training to help them when they reach the age when it becomes compulsory. We support this, in line with the School Aims from Year 4 upwards, as part of their preparation for adult life.
- At Hallfield School we recognise that fasting is not compulsory for pupils of primary school age in any major world faith.

5. Fasting during Ramadan

Ramadan is the main period of the year when Muslim pupils may choose to fast.

Depending on when Ramadan falls, the length of the fast will vary and may be particularly long. This raises some concerns as to how pupils will cope during the school day. Therefore, we would ask that parents consider this when agreeing with their child how many days they fast for.

There are special arrangements in school for pupils who are fasting. A fasting notification form (see Appendix A) must be completed and should be sent to the class teacher prior to the day of fasting. Informing the class teacher will also be acceptable. This is to ensure school staff can monitor the child's well-being.

(Years 3 - 11)

For pupils in Year 3 we ask that parents contact the Head of Prep to discuss and agree arrangements in the first instance.

For pupils in Years 4 - 11 who do choose to fast, the following arrangements will be put in place at lunchtime:

- Pupils who are fasting will go directly to the library at lunchtime for quiet time, completing calm, quiet activities e.g. reading, drawing, quiet talking with friends or quiet reflective time. Please note that if a child's behaviour does not meet with the school's expectations during this time, the parent will be asked to make alternative arrangements and take the child home during that time. If a child is unwell, the parent will be contacted to collect him/her.
- The pupils will go outside for the last 30 minutes of lunch time in order to get fresh air.

6. Fasting at Other Times of the Year

It is recognised that there are other holy days throughout the year when pupils of different faiths may choose to fast.

For any pupils who will be fasting at times other than Ramadan, a fasting notification form (see Appendix A) must be completed and should be sent to the class teacher prior to the day of fasting. This is to ensure school staff can monitor the child's well-being.

7. Health and Safety

- All parents of pupils wishing to fast, must inform the school, **in writing**, if they wish their child to fast. (Appendix A)
- If a child says that he or she is fasting but the school has not received a fasting notification form from his or her parent/carer, they will be treated in a respectful manner. Parents will be contacted to confirm that their child is fasting or to gain further advice.
- Parents should be contactable, at all times (being particularly conscientious of this when their pupils are fasting), and available to collect their child if necessary.
- The school recognises that pupils may perform below their usual level in PE and other physical activities when they are fasting.
- Fasting should not be a burden. However, if a child becomes distressed, depending on the circumstances, parents will be contacted and asked to collect their child and taken them home or in agreement with parents will provide the child with something to eat and drink.
- RE lessons and assemblies will be used to help all pupils develop an understanding of the different faiths that use the practice of fasting as part of their religious traditions and particular festivals associated with times of fasting.
- Any exceptional circumstances can be discussed with the Prep as appropriate.

Safeguarding

If there are concerns about a pupil who is fasting, the school has an overriding safeguarding duty of care. If there are any signs of dehydration or exhaustion, parents will be contacted and asked to collect their child. If school is unable to make contact with parents the child will be encouraged to break the fast by drinking some water and / or eating some food. Religious rulings allow the child to break their fast and make it up later. Parents will always be contacted if the school has any concerns about the child's welfare or if the child was encouraged to break their fast.

Legislative framework

The guidelines have due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010

The guidelines have due regard to guidance documents, including, but not limited to, the following:

- The latest iteration of the DfE document 'Keeping Pupils Safe in Education'



Fasting Notification Form

Name of child _____ Class _____

I hereby give notification that my child will be fasting whilst at school on the following days:

From _____ to _____

I understand and consent that in the event of my child becoming unwell, school will encourage my child to drink and eat to ensure their health and well-being.

I confirm I have read the School Fasting Guidelines and understand how this will be implemented.

I confirm that my child has no medical conditions or circumstances that might be affected by fasting.

If my child becomes unwell / faint during a fasting period, I understand that the school will ask my child to break their fast and drink water / eat food. The school will inform me if this is the case.

Name _____

Signature _____

Relationship to child _____

Date _____