



Policy on Fasting and Participation during the Muslim Month of Ramadan 2024/2025

Ramadan Policy	
Responsible Board	King Edward VI Camp Hill School for Girls LGB
Policy Officer	Janet Rose
Date Adopted	March 2025
Last Reviewed	Feb 2025
Review Date	Feb 2026

This policy is reviewed annually to ensure compliance with current regulations and has been determined using guidance issued by the NAHT and Birmingham City Council.

BACKGROUND

The holy month of Ramadan has a 33-year cycle and shifts backwards by about 11 days a year as determined by the lunar cycle. This year it begins around February 28th 2025, depending on the sighting of the new moon. Ramadan is a period of prayer, fasting, self-control and goodwill to others. The period of Ramadan will last for approximately 30 days, culminating in the celebration of Eid ul-Fitr.

AIMS

1. To provide a safe environment for students who wish to fast during part or all of the month of Ramadan
2. To ensure that our broad and balanced school curriculum is maintained for all students, including trips and examinations
3. To continue to provide all students with their entitlement to regular physical exercise
4. To fully embrace the understanding and celebration of the different faiths represented within our school population.

IMPLEMENTATION

Whilst bringing many benefits, strict fasting throughout Ramadan is likely to impact on pupils' well-being and their cognitive performance. However, young Muslims need to balance their obligations with their studies and the importance of examinations for the future, noting that the pursuit of education is also a religious and moral duty.

No child under the age of puberty is obliged or expected to fast; some families may begin the practise at the age of 15 (biological maturity), whilst others suggest that this can be delayed until children are between the ages of 16-19 (intellectual maturity). However younger children may practise short periods of fasting to prepare them for adulthood.

According to the guidelines for those choosing to fast (Muslim Council of Britain), students will be expected to take part in a normal daily routine. Therefore, they will be expected to take part in a full school curriculum, including PE, School Trips and Examinations as they arise. Islamic law allows students the opportunity to delay or exempt themselves from fasting or late-night prayers if they believe it may adversely impact their performance at school.

Where possible we will aim to ensure that NEA visits to moderate student's examination work that require students to participate in lengthy PE and Drama activities are kept to a minimum at this time, but whilst we can request dates for these visits, we may not be able to avoid dates within Ramadan.

As a school we will not interfere with how a pupil chooses to observe Ramadan unless there are genuine safeguarding concerns. Safeguarding and promoting the welfare of children is defined in the DfE's statutory guidance Keeping Children Safe in Education, as "protecting children from maltreatment; preventing impairment of children's health or development; ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and taking action to enable all children to have the best outcomes."

If there are safeguarding concerns, then the school will apply professional judgement and common sense to each individual situation.

Physical Education/Games

For Health and Safety reasons, those students who are fasting will be advised to take part in PE lessons at a lower level of impact. We expect our students to be responsible enough to do the following independently:

- to make use of shaded areas on the playing fields in the event of hot or very sunny weather
- to remain seated between any activities in order to conserve their energy
- to partake in a sensible and responsible manner, for example by warming up gently for activities and by limiting the number of repetitions, laps or circuits they attempt
- to listen carefully to and to follow the teacher's instructions and advice
- to give due consideration to carrying water with them during activities.

Examinations

Ramadan may impact students either in the weeks prior to their examinations or during the examinations themselves. We expect students to be responsible enough to do the following independently:

- to take advantage of the fact that Islam gives allowances to break the fast and make it up later if they feel that fasting will in any way jeopardise their performance

- to sit quietly between examinations to conserve their energy either inside or outside in the shade
- to listen carefully to and follow the instructions and advice given by teachers and invigilators should they feel unwell during examinations
- to give due consideration to carrying water with them during examinations to drink if they show signs of dehydration (headache and/or drowsiness).

School Trips

Most school trips are no more demanding on the student than a full day in school, and have to be fitted into calendar dates that work for the curriculum. We cannot avoid school trips during Ramadan, although we would expect staff to be mindful of students who might be fasting. We expect students to be responsible enough to do the following independently

- to take advantage of the fact that Islam gives allowances to break the fast and make it up later if they feel that fasting will in any way jeopardise their ability to complete a curriculum based trip
- to sit quietly, where appropriate, to conserve their energy either inside or outside in the shade
- to listen carefully to and follow the instructions and advice given by teachers should they feel unwell during the trip
- to give due consideration to carrying water with them to drink if they show signs of dehydration (headache and/or drowsiness).

In the event of a fasting student becoming unwell during any school activity during Ramadan (PE, Exams or School Trips in particular), we may consider providing them with something to eat or drink, unless a parent/carer has informed us in advance that they do not wish this to happen.