



## Policy on Fasting and Participation in PE & Examinations during the Muslim Month of Ramadan

### 2023/2024

| Ramadan Policy (Physical Education/Games and Examinations) |  |
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| Responsible Board  | King Edward VI Camp Hill School for Girls<br>LGB |
| Policy Officer   | Janet Rose                                       |
| Date Adopted   | March 2023                                       |
| Last Reviewed  | Feb 2024   |
| Review Date  | Feb 2025   |

This policy is reviewed annually to ensure compliance with current regulations

#### **BACKGROUND**

Ramadan has a 33-year cycle and shifts backwards by about 11 days a year as determined by the lunar cycle.

#### **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**

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. Students who are experiencing hardship are allowed to break their fast during Ramadan (and make up the days later).

According to 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.

Where possible we will aim to ensure that NEA visits to moderate students 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, all schools will be trying to avoid key dates.

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."

### **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.

In event of a fasting student becoming unwell during PE, the school may consider providing them with something to eat or drink, unless their parent has informed us in advance that they do not wish this to happen.

### **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).

In the event of a fasting student becoming unwell during examinations, the school may also consider providing them with something to eat, unless their parent has informed us in advance that they do not wish this to happen.

### **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 if they attend a school trip during Ramadan:

- 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 a school trip, the school may consider providing them with something to eat or drink, unless their parent has informed us in advance that they do not wish this to happen.