



24th February 2026

Dear Parents, Guardians and Carers,

The Rosedale Hewens Academy Trust celebrates and respects all members of its school community. Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that children from many practising Muslim homes are enthusiastic and get a great sense of achievement in joining their families in taking part in the spirit of Ramadan and often begin at a younger age. It is recommended in guidance issued by the **Muslim Council of Britain** (<https://mcb.org.uk>) for children to practise shorter and partial fasts in order to train them for the full fasting when they become adults.

At The Rosedale Hewens Academy Trust, we only allow children in **Year 6** to fast as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance. Children in lower year groups could be supported to fast at home at the weekend if required, allowing parents to supervise their health and well-being very closely.

Aims and Objectives:

- To provide a safe environment for children who wish to fast during the month of Ramadan;
- To ensure the proper care of children is maintained and to 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 for part or all of the month of Ramadan. Parents must also inform the school immediately if there is any change to this request.
- The child should fast every day (except their physical education and sport day) as it is very difficult to keep track of which days a child is fasting and mistakes can be made which may cause upset.
- If a child says that they are fasting, but the school has not received a request in writing 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 so will not be sent into the playground during fasting period.
- They will not take part in physical education and sport lessons.
- All children who are fasting will need to bring an emergency snack that also includes water. Parents should encourage their children to make use of these should they feel the need.
- If the school notices signs of dehydration or exhaustion then the child should be asked if they are fasting and advised to terminate the fast immediately by drinking some water.
- 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, Guardians and Carers **MUST** inform the school, in writing, if their child is fasting. Parents must also inform the school of any changes to this request.
- 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.

This policy will be reviewed annually by the governing body and will take into account the changing Islamic calendar and any guidance issued by imams, Islamic scholars, experts, Muslim chaplains in the education sector.

Yours faithfully,



Kingsley Thomas
Headteacher