




# ACADEMY RAMADAN FASTING POLICY

## Document Control Table

<b>Title</b>	Academy Ramadan Fasting Policy
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<b>Date Approved</b>	July 2020
<b>Approved By Name</b>	Andrew Brocklehurst (Chair of Trustees)
<b>Signature of Approval</b>	
<b>Next Review Date</b>	July 2021

## Document History

Date	Author	Note of Revisions
18/06/2018	ED	Changed Executive Headteacher to CEO
19/06/2019	LF	Pg 3, 1.2 – Legislation dates updated Pg 5 – removed paragraph on after-school detention
12/06/2020	LF	Pg 4, 2.1 Date change to 2020. Removed May 2018.
12/06/2020	LF	Pg 4, 21 Date change to 2019 (last updated 2 April 2020)
12/06/2020	LF	Pg – 4, 4- safeguarding
12/06/2020	LF	Pg 4, 4.1 This is in case of any safeguarding, health or wellbeing concerns and the appropriate support and be offered/put in place.
12/06/2020	LF	Pg 5 – included ‘where appropriate’ to section 6.4
12/06/2020	LF	Pg 6, 7.1 - See Appendix 1.

12/06/2020		Pg 6, 7.8 Eid in 2021 is likely to fall in KS2 test week, probably the same day as the mathematics paper. The Government has acknowledged, given the significance of this festival, that Muslim pupils may be absent from school on that day. Schools are able to reschedule the mathematics tests for who are absent. Schools to read the most up to date timetable variation guidance from the Standards and Testing Agency (update December 2020) and discuss arrangements with parents/carers well in advance.
12/06/2020	LF	Appendix 1 - ASTRONOMICAL DATA

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## **Statement of intent**

Perry Hall Multi-Academy Trust is committed to providing a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan. The school will further develop the understanding of different faiths represented in the school population, and will encourage a greater knowledge of Ramadan amongst all staff members and pupils.

## **1. Legislative framework**

1.1. This policy has due regard to statutory legislation including, but not limited to, the following:

- The Equality Act 2010

1.2. This policy also has due regard to guidance documents, including, but not limited to, the following:

- ASCL 'Ramadan and Exams, 2020: information for schools and colleges'
- DfE 'Keeping Children Safe in Education' September 2019 (last updated 2 April 2020)

## **2. Aims and objectives**

2.1. To provide a safe environment for pupils who wish to fast during part of, or for all of, the month of Ramadan.

2.2. To ensure the proper care of pupils is maintained and keep parents/carers informed if their child is unwell.

2.3. To further develop understanding of the different faiths represented in the school population.

## **3. Ramadan – An overview**

3.1. 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.

3.2. Those who fast during Ramadan are not allowed any food or water between sunrise and sunset. Instead, they are encouraged to think of cleansing the whole self, through prayer and reflection.

## **4. Health and safety/Safeguarding**

4.1. Parents/carers will inform the school if their child is going to participate in fasting. This is in case of any safeguarding, health or wellbeing concerns and the appropriate support and be offered/put in place.

4.2. Perry Hall Multi-Academy Trust will inform parents/carers immediately if their child, who is fasting, becomes unwell.

4.3. Any pupils who fast will conserve their energy and not join in strenuous games.

- 4.4. No oral medication can be taken by a person who is fasting; however, in an emergency the school will administer any medicine that is deemed necessary, in accordance with the School's Administering Medicine Policy.
- 4.5. If there are concerns about any pupils who are fasting, the school has an overriding safeguarding duty and will apply judgement and common sense on a case by case basis.
- 4.6. If any members of staff notice signs of dehydration or exhaustion in any pupils who are fasting, then the pupil will be advised, by a teacher, to terminate the fast immediately by drinking some water, in accordance with the school's Health and Safety Policy. They will be reassured that in this situation, Islamic rulings allow them to break their fast and make it up later.

## **5. Physical education**

- 5.1. Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger.
- 5.2. Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- 5.3. The school will ensure that any pupils who are fasting are able to decide whether or not they wish to participate in swimming. As the potential for swallowing water is high, some pupils may not feel comfortable in participating in this sport. Other activities will be scheduled to replace swimming during Ramadan if necessary.

## **6. Implementation**

- 6.1. During Ramadan, the school will dedicate some assemblies to the Muslim faith and the festival of Eid-ul-Fitr, in order to create a more thorough understanding of the religion and fasting throughout the school.
- 6.2. The school will consider the possible impact fasting and late night prayers during Ramadan may have on Muslim pupils when setting dates for other activities, such as sports days, trips and celebrations.
- 6.3. The school will show sensitivity when arranging official celebrations for graduation or the end of exams so they do not offend, or make any pupils who are fasting feel left out.
- 6.4. The school will ensure, where appropriate, that parents' evening and any school functions that occur in the evening are scheduled before or after the month of Ramadan.

- 6.5. The school will provide any pupils fasting with a supervised, quiet space to rest during their lunch hour.
- 6.6. The school will ensure that any pupils of the Muslim faith who are not fasting, due to medical or personal reasons, will have a space or area to eat where they feel comfortable.
- 6.7. The school will ensure that sex and relationship education is not scheduled during Ramadan, as fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid any related thoughts and discourse.

## **7. Implementation during exams**

- 7.1. If Ramadan falls during examination period, the school will offer advice to fasting pupils who have important exams, to assist them in managing their prayer time efficiently during the night, in order to avoid tiredness. See Appendix 1.
- 7.2. The school will ensure that any pupils fasting will be informed of the allowances Islam gives for them to break the fast and make it up later, if they feel fasting will in any way jeopardise their performance.
- 7.3. The school will discuss with all pupils during Ramadan if they would prefer revision lessons to be in the morning or in the afternoon.
- 7.4. If any pupils who are fasting show signs that they may be dehydrated, such as a headache or drowsiness, then a member of staff will advise them to terminate the fast immediately by drinking some water.
- 7.5. All invigilators will keep a close eye on all pupils who are fasting in order to help avoid any disruptions to other pupils not involved.
- 7.6. The school will ensure good room management during hot weather, which will benefit all candidates. The examination room in particular will be shaded, and fans will be supplied to ensure pupils who are fasting do not overheat or become dehydrated.
- 7.7. The school will ensure, where appropriate, that there is a prayer room provided near exam locations.
- 7.8. Eid in 2021 is likely to fall in KS2 test week, probably the same day as the mathematics paper. The Government has acknowledged, given the significance of this festival, that Muslim pupils may be absent from school on that day. Schools are able to reschedule the mathematics tests for who are absent. Schools to read the most up to date timetable variation guidance from the Standards and Testing Agency (update

December 2020) and discuss arrangements with parents/carers well in advance.

## **8. Monitoring and review**

- 8.1. The CEO will review this policy annually, ensuring that all procedures are up-to date.
- 8.2. Any changes made to this policy will be communicated to all members of staff.



Appendix 1: ASTRONOMICAL DATA by Imam Dr Usama Hasan, Fellow of the Royal Astronomical Society

**Ramadan and Eid Dates 2020-2025 (approx)**

Based on Crescent Moon Visibility data for London from HMNAO's Websurf 2.0 website (Moon Visibility is estimated on a scale of A-F.

The following dates are based on the approximation that A-C represent a visible crescent moon; D-F represent an invisible moon.)

YEAR	Beginning of Ramadan (+/- 1 day)	Eid al-Fitr (+/- 2 days)
2020	25 April	25 May
2021	14 April	14 May
2022	03 April	02 May
2023	23 March	22 April
2024	12 March	10 April
2025	02 March	31 March

Eid al-Adha will fall around 30 July - 3 August 2020 in the UK.

Examples of dawn/sunset timings for the UK (four UK capital cities), 2020.

Dates used are: 2h April (~1st Ramadan), 9 May (~15th Ramadan) and 23 May (~29th Ramadan)

Date	City	Dawn (18°)	Dawn (15°)	Dawn (12°)	Sunrise	Sunset	Fasting length (18°)	Fasting length (15°)	Fasting length (12°)
25 April	<b>London</b>	03:23	03:53	04:19	05:43	20:15	16:52	16:22	15:56
09 May		02:32	03:12	03:44	05:18	20:37	18:05	17:25	16:53
23 May		***	02:31	03:13	04:58	20:58	***	18:27	17:45
25 April	<b>Edinburgh</b>	02:45	03:28	04:03	05:42	20:41	17:56	17:13	16:38
09 May		***	02:23	03:15	05:11	21:09	***	18:46	17:54
23 May		***	***	02:19	04:46	21:34	***	***	19:15
25 April	<b>Cardiff</b>	03:35	04:05	04:31	05:56	20:27	16:52	16:22	15:56
09 May		02:44	03:24	03:57	05:30	20:50	18:06	17:26	16:53
23 May		***	02:43	03:25	05:10	21:10	***	18:27	17:45
25 April	<b>Belfast</b>	03:15	03:52	04:23	05:57	20:47	17:32	16:55	16:24
09 May		***	02:58	03:40	05:28	21:13	***	18:15	17:33
23 May		***	***	02:57	05:05	21:37	***	***	18:40

KEY:

18° refers to astronomical twilight, which begins or ends when the sun is 18 degrees below the horizon

15° refers to when the sun is 15 degrees below the horizon

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12° refers to nautical twilight, which begins or ends when the sun is 12 degrees below the horizon

The astronomical definition of 'dawn' is disputed, with various Muslim religious authorities adopting one of the three possible definitions given above.

\*\*\* in the above table means that the timing is not available, because the sun does not reach that far below the horizon. This happens every year during the summer at high latitudes, such as the UK.

<https://www.ascl.org.uk/Help-and-Advice/Inclusion/Diversity/Ramadan-Exams-and-Tests,-2020>