




ACADEMY RAMADAN FASTING POLICY

Document Control Table

Title	Academy Ramadan Fasting Policy
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Signature of Approval	
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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
08.06.2021	LF	Pg 5 - 1.2 Updated legislative framework referred to.
08.06.2021	LF	<p>Pg 5 & 6 - 4.1- 4.5 Included below</p> <p>Key Points</p> <p>4.1 No child under the age of puberty is obliged or expected to fast. Younger children may do a partial fast which should be in consultation with and under the supervision of parents, carers and schools.</p> <p>4.2 Unless there are legitimate safeguarding concerns, schools and colleges should not dictate to children who are considered old enough, or their families, how they observe Ramadan which is a personal decision.</p> <p>4.3 Children and families should be informed of the flexibility Islamic Law offers to delay or exempt themselves from fasting and late-night prayers if they believe their performance in tests could be affected.</p> <p>4.4 Islam encourages critical reasoning and while individuals may seek advice from religious leaders, they have the right to make their own decision. It is intended that the information in this policy will be used as a positive opportunity for engagement with pupils, parents and families to make these important decisions.</p> <p>4.5 There was agreement from the imams, Islamic scholars, experts, chaplains and leaders we consulted that it is essential schools and colleges help support dialogue with Muslim students and families. Muslim students, their families, and schools and colleges should be aware that there is a wide and diverse range of opinions on how to observe Ramadan and from what age.</p>
08.06.2021	LF	<p>Pg 6 - 5.3. Amended to:</p> <p>Any pupils who fast will conserve their energy and should apply judgement and common sense on a case-by-case basis when practising games.</p>
08.06.2021	LF	<p>Pg 7 – 7.8.</p> <p>Pupils who receive Free School Meals (FSM) are entitled to school meals throughout the fasting period. Lunch boxes should be put together for pupils to take home.</p>
08.06.2021	LF	Pg 8 - 8.8 removed.

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08.06.2021	LF	<p>Pg 6-7 5.7</p> <p>Pupils revising for and taking any tests during this period may be exempt from fasting according to some scholars. Other Hardship' exemptions are:</p> <ul style="list-style-type: none"> • Those who are ill or on long term medication • Those who are travelling long distances • Girls who are not their period • Those with mental disabilities • The old or weak
08.06.2021	LF	<p>Pg 7 - 6.1 Added onto the paragraph – see bold.</p> <p>Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger. However, pupils might need to reduce the levels of activity and staff should apply judgement and common sense on a case-by-case basis.</p>
08.06.2021	LF	Updated 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: Test, 2021. Information for schools and colleges'
- DfE 'Keeping Children Safe in Education' September 2019 (last updated January 2021 – Post EU Exit).

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. Key Points

4.1 No child under the age of puberty is obliged or expected to fast. Younger children may do a partial fast which should be in consultation with and under the supervision of parents, carers and schools.

4.2 Unless there are legitimate safeguarding concerns, schools and colleges should not dictate to children who are considered old enough, or their families, how they observe Ramadan which is a personal decision.

4.3 Children and families should be informed of the flexibility Islamic Law offers to delay or exempt themselves from fasting and late-night prayers if they believe their performance in tests could be affected.

4.4 Islam encourages critical reasoning and while individuals may seek advice from religious leaders, they have the right to make their own decision. It is intended that the information in this policy will be used as a positive opportunity for engagement with pupils, parents and families to make these important decisions.

4.5 There was agreement from the imams, Islamic scholars, experts, chaplains and leaders consulted that it is essential schools help support dialogue with Muslim pupils and families. Muslim students, their families, and schools should be aware that there is a wide and diverse range of opinions on how to observe Ramadan and from what age.

5. Health and safety/Safeguarding

- 5.1. 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.
- 5.2. Perry Hall Multi-Academy Trust will inform parents/carers immediately if their child, who is fasting, becomes unwell.
- 5.3. Any pupils who fast will conserve their energy and should apply judgement and common sense on a case-by-case basis when practising games.
- 5.4. 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.
- 5.5. 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.
- 5.6. 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.
- 5.7. Pupils revising for and taking any tests during this period may be exempt from fasting according to some scholars. Other Hardship' exemptions are:
 - Those who are ill or on long term medication

- Those who are travelling long distances
- Girls who are not their period
- Those with mental disabilities
- The old or weak

6. Physical education

- 6.1. Pupils who are fasting are able to partake in some physical activities, as long as they are not putting themselves at risk or danger. However, pupils might need to reduce the levels of activity and staff should apply judgement and common sense on a case-by-case basis.
- 6.2. Pupils will not do strenuous exercise as they will be at high risk of headaches, tiredness and drowsiness, due to dehydration.
- 6.3. 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.

7. Implementation

- 7.1. 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.
- 7.2. 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.
- 7.3. 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.
- 7.4. 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.
- 7.5. The school will provide any pupils fasting with a supervised, quiet space to rest during their lunch hour.
- 7.6. 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.

- 7.7. 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.
- 7.8. Pupils who receive Free School Meals (FSM) are entitled to school meals throughout the fasting period. Lunch boxes should be put together for pupils to take home.

8. Implementation during exams

- 8.1. 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.
- 8.2. 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.
- 8.3. The school will discuss with all pupils during Ramadan if they would prefer revision lessons to be in the morning or in the afternoon.
- 8.4. 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.
- 8.5. 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.
- 8.6. 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.
- 8.7. The school will ensure, where appropriate, that there is a prayer room provided near exam locations.

9. Monitoring and review

- 9.1. The CEO will review this policy annually, ensuring that all procedures are up-to date.
- 9.2. 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)
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 19 July - 23 July 2021 in the UK.

A Ramadan Timetable for 2021 is available on the Islamic Relief website and it includes timings for many of the main cities within the UK (<https://www.islamic-relief.org.uk/about-us/what-we-do/ramadan/ramadan-timetable/>).

Birmingham is shown below:

Date	Ramadan*	Fajr	Sunrise	Dhuhr	Asr**	Maghrib / Iftar	Isha
Tue 13 Apr	1st Ramadan	04:36	06:14	13:13	17:53	20:03	21:21
Wed 14 Apr	2	04:33	06:12	13:13	17:54	20:06	21:23
Thu 15 Apr	3	04:30	06:09	13:12	17:55	20:07	21:24
Fri 16 Apr	4	04:27	06:07	13:12	17:56	20:09	21:26
Sat 17 Apr	5	04:25	06:05	13:12	17:58	20:11	21:27
Sun 18 Apr	6	04:22	06:03	13:12	17:59	20:13	21:27
Mon 19 Apr	7	04:19	06:01	13:11	18:00	20:14	21:28
Tue 20 Apr	8	04:17	05:58	13:11	18:01	20:16	21:29
Wed 21 Apr	9	04:15	05:56	13:11	18:02	20:18	21:29
Thu 22 Apr	10	04:13	05:54	13:11	18:03	20:20	21:30
Fri 23 Apr	11	04:11	05:52	13:11	18:04	20:21	21:30
Sat 24 Apr	12	04:09	05:50	13:10	18:05	20:23	21:31
Sun 25 Apr	13	04:06	05:48	13:10	18:07	20:25	21:31
Mon 26 Apr	14	04:04	05:46	13:10	18:08	20:27	21:32
Tue 27 Apr	15	04:02	05:44	13:10	18:09	20:28	21:32
Wed 28 Apr	16	04:01	05:42	13:10	18:10	20:30	21:33
Thu 29 Apr	17	03:58	05:40	13:10	18:11	20:32	21:33
Fri 30 Apr	18	03:56	05:38	13:10	18:12	20:33	21:34
Sat 1 May	19	03:54	05:36	13:09	18:13	20:35	21:34
Sun 2 May	20	03:52	05:34	13:09	18:14	20:37	21:36
Mon 3 May	21	03:49	05:32	13:09	18:15	20:39	21:38
Tue 4 May	22	03:47	05:30	13:09	18:16	20:40	21:39
Wed 5 May	23	03:45	05:28	13:09	18:17	20:42	21:41
Thu 6 May	24	03:42	05:26	13:09	18:18	20:44	21:43
Fri 7 May	25	03:40	05:25	13:09	18:19	20:45	21:44
Sat 8 May	26	03:38	05:23	13:09	18:20	20:47	21:46
Sun 9 May	27	03:36	05:21	13:09	18:21	20:49	21:48
Mon 10 May	28	03:33	05:19	13:09	18:22	20:50	21:49
Tue 11 May	29	03:31	05:18	13:09	18:23	20:52	21:51
Wed 12 May	30	03:29	05:16	13:09	18:24	20:54	21:53

Birmingham Ramadan Timetable 2021

The timings for the following Birmingham Ramadan Timetable 2021 has been sourced using verified calculation methods.

The beginning of the blessed month of Ramadan will be confirmed upon sighting of the new moon.

Please note: the prayer times listed are start times however jamaat times may be different.