




PHMAT RAMADAN FASTING POLICY

Document Control Table

Title	PHMAT Ramadan Fasting Policy
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Signature of Approval	
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Document History

Date	Author	Note of Revisions
June 2022	DA	Page 10 – amended 'Ramadan and Eid Dates 2020-2025 (approx) to read 'Ramadan and Eid 2022-25' (approx)
June 2022	DA	Page 10 – amended Ramadan and Eid dates for 2022 to 2025
June 2022	DA	Page 10 – added Eid al-Adha will fall around 10 th July in 2022 and 29 th July in 2023 in the UK.
June 2022	DA	Page 10 – amended Ramadan timetable for 2021 to Ramadan timetable for 2022
July 2023	DA	Pages 9 and 10 Ramadan and Eid Dates 2022 to 2025 (approx) removed as the purpose of the policy is to provide guidance for schools in effectively supporting our pupils who fast rather than supplying dates for the religious celebration.

June 2024	DA	Page 3 – removed ‘September 2019 (last updated January 2021 – Post EU Exit)’ and added September 2023
June 2024	DA	Page 3 – changed ‘case by case’ to ‘case-by-case’.
June 2024	DA	Page 4 – changed ‘late night’ to ‘late-night’.
June 2024	DA	Page 4 - added a comma to section 8.3.
July 2025	DA	Page 1 – added ‘3. Ramadan – an overview’.
July 2025	DA	Page 1 – added ‘4. Key Points’.
July 2025	DA	Page 1 – added ‘safeguarding’.
July 2025	DA	Page 3 – changed ‘ASCL, Ramadan Tests: 2021’ to ‘Birmingham City Council Ramadan 2025 – Guidance for Schools’.
July 2025	DA	Page 5 – added ‘All staff will receive annual safeguarding training that includes awareness of the physical and emotional impacts of fasting on children’.
July 2025	DA	Page 6 – added ‘Staff will ensure that pupils who are not fasting are not made to feel excluded or judged, and their choices are respected’.

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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

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

- Birmingham City Council, Ramadan 2025 – Guidance for schools.
- DfE 'Keeping Children Safe in Education' September 2024.

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. All staff will receive annual safeguarding training that includes awareness of the physical and emotional impacts of fasting on children.
- 5.7. 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.
- 5.8. 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 on 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. Staff will ensure that pupils who are not fasting are not made to feel excluded or judged, and their choices are respected.
- 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.