

Brandwood Community School

Ramadan Policy

Approved by the Pupil Inclusion & Community Governor Committee - February 2026
Review Date - February 2027

Introduction

The Governors, Head Teacher and staff have adopted the following policy.

Fasting during the month of Ramadan is the fourth 'Pillar' of Islam, an act of worship of great spiritual, moral and social significance for Muslims. In this respect, it is obligatory for all males and females to fast once they reach the age of puberty. The physical dimension of fasting involves completely abstaining from all forms of nourishment – food and liquids (including water) from dawn to sunset for the whole month. Some younger children may fast for all or part of the month but this is entirely optional. The spiritual and moral dimension of fasting is considered to be of far greater importance than the physical one. We aim to support our school community during their observance of Ramadan but respect that this is a personal choice and may differ from family to family.

Aims

In respect of the Muslim learners and staff at our school we believe it is essential that we follow these guiding principles:

We aim to ensure:

- ◇ We recognise the values of Ramadan in the lead up to and during the month of fasting.
- ◇ We recognise, respect and build upon the essence and spirit of Ramadan ~ whilst the discipline and the challenge of fasting is to continue with the tasks of everyday life, staff are aware of the need to exercise a significant degree of understanding in this regard.
- ◇ All new staff develop a good awareness of the factors that may affect the learners in their care during Ramadan.
- ◇ The learners and staff who are fasting, partially or fully, are supported in preparation for and during the month of fasting.
- ◇ Raised awareness and understanding of the expectations and traditions of Ramadan for those who are not Muslim.
- ◇ Suitable arrangements are in place to supervise fasting learners who do not go home during lunchtime.
- ◇ We are considerate of the staff and learners who are fasting and offer the option of a quiet space during the month so they do not overly exert themselves during lunchtime. If a child is fasting and not going home over the lunchtime period, they will not be expected to go outside at breaktime and instead will be allowed to stay inside school during this period
- ◇ We provide the option for those Muslim learners who are entitled to free school meals to take packed lunches home, should they wish to do so, at the end of the school day.
- ◇ Communicating with parents and carers will also include seeking to confirm how many learners are fasting or not (although it is appreciated that this will be changeable for some learners), so that the school kitchen can be fully prepared, provide the correct number of packed lunches on a daily basis and be aware of the reduction in the number of lunches needed **(Appendix 1)**.
- ◇ Puberty talks and swimming are not scheduled to take place during Ramadan.
- ◇ Staff are considerate and mindful that fasting learners do not take part in over demanding exercise, as this may result in dehydration, for example if a PE lesson is taking place outside and the weather is warm the child or children concerned should be encouraged to 'sit out' so as not to over exert themselves.
- ◇ Parents and carers' evenings will not be held during the month of Ramadan.
- ◇ Parents and carers will be kept informed regarding the arrangements and provision for Muslim learners during Ramadan.
- ◇ We enter into the charitable spirit of Ramadan by raising funds for the disadvantaged and those facing poverty locally and internationally and acknowledge this with the whole school community.

Background Information

- ◇ Muslims are encouraged not to use Ramadan as an opportunity to avoid aspects of normal life but rather to cope with normal life under a different set of guidelines. Learners who are fasting will get up before dawn to have their breakfast. This interrupts their sleep pattern. By the same token when Ramadan falls during the summer months, they will need to stay up later than usual, as the fast is broken at dusk. Staff are aware of this and how it may affect those in their care.
- ◇ During Ramadan, Muslims focus on improving themselves in all aspects of their lives and dealings with others including: their character, respect for others, kindness, forgiveness, avoidance of bad language and poor behaviour. In addition, having empathy with the poor and donating generously for charitable causes, sharing of food and inviting others to their home for breaking the fast are important features of Ramadan. Muslims also focus on reading the Qur'an and performing additional prayers in the mosque every evening.
- ◇ During Ramadan, many learners may observe special additional prayers called Taraweeh, which take place at the mosque every evening and last approximately an hour. These are normally performed in congregation at the mosque but can also be observed individually or as a family at home.

- ◇ The Islamic calendar is based on the lunar months and therefore the month of Ramadan begins 10 or 11 days earlier each year on the Gregorian calendar; hence it takes Ramadan about 30 years to move through the seasons from January to December.

Additional Considerations

- ◇ Most learners fast at the age of puberty; however, it is recognised that some families may wish their child to begin to fast before this age to become progressively accustomed to fasting during Ramadan by the age of puberty. Therefore, some learners usually those aged 10 and 11 (Y5 and 6) could be expected to fast all 30 days.
- ◇ The younger the age of the child, the more difficult it is to fast without their physical stamina and concentration levels being affected. It is important to be aware that younger learners are more likely to fast when Ramadan falls in the winter months, when the days are shorter than the much longer and hotter summer days.
- ◇ Whether a learner decides to fast or not is a matter to be decided between the parents and carers and the child. We are aware that breaking the fast before the correct time may be regarded as being worse than not fasting at all and are sensitive to this.

Fasting Exemption

There are certain circumstances and conditions in which Muslims are exempt from fasting. These include: menstruation, those for whom fasting is likely to have a detrimental effect on health and physical wellbeing and those who cannot survive without taking medication or nourishment e.g., diabetics. Those travelling on long and difficult journeys may not fast if it is likely to cause undue hardship. If fasting days are not completed, then they would have to be made up at a later date or in some circumstances compensated for as prescribed by Islam e.g., providing food for the poor.

Medication

No oral medication can be taken by a person who is fasting, but anyone needing regular medication during fasting hours is normally exempt from fasting in any case. Medication can be taken once the fast has been broken. Medical injections can be continued by a person who is fasting, although not those injections that influence body nutrition ~ guidance should be sought on specific issues if necessary. During emergencies, where a life is at risk or severe illness is diagnosed, then medicine should be administered. Routine vaccinations should be scheduled for other times of the year. Parents and carers must contact school if their child is fasting and needs to take regular medication to discuss this further.

Swimming & Ramadan

In general, participation in swimming is an acceptable activity whilst fasting. However, whilst fasting for many learners this activity may prove to be an issue, as the potential for swallowing water and exhaustion is high. Some learners may interpret that deliberately doing something that is prohibited includes putting themselves in a situation, where the prohibited act is very likely to occur. Hence, they may wish to avoid swimming whilst fasting. Consequently, we do not schedule swimming lessons during Ramadan for [any year group](#).

National Curriculum Tests & Assessments

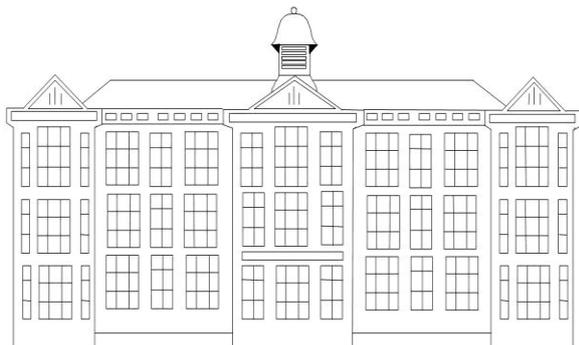
Where Eid falls during the KS2 SATs testing week the school may use timetable variations to reschedule any test for the learners who may be absent. School will discuss the arrangements for the tests with parents and carers before the test period.

Conclusion

If any parent, governor, member of staff or learner requires any further information or advice regarding any aspect of this document please seek out a member of the Senior Leadership Team or contact the school office. This guidance has been compiled in consultation with key staff and the Pupil Inclusion and Community Governor Committee.

Approved by the Pupil Inclusion & Community Governor Committee – February 2026
Review Date – February 2027

Brandwood Community Primary School



Brandwood Street, Bolton BL3 4BG
 Telephone: 01204 333444
 Email: office@brandwood.bolton.sch.uk
 Website: www.brandwoodprimaryschool.com

Chair of Governors: Mr M Simpson
 Head Teacher: Mrs A Holmes
 Deputy Head Teachers: Mrs R Cameron & Miss C Lund

Dear parents and carers,

We would like to clarify our arrangements for Ramadan, the month of fasting. If you feel that your child is able to fast and you would like them to do so, please complete the slip below and return it to the school office as soon as possible. A daily register is taken of children who are fasting, as we appreciate that this decision may change throughout Ramadan, because the information is needed for the kitchen lunch numbers and class-based staff to support the welfare of all those fasting. We require written consent from a parent or carer so that we can put the necessary provision in place for your child but please do let us know if this changes during the month by calling the school office and informing Mrs Ahmed or Mrs Malik.

As a school, we hope to support your child in their observance of Ramadan whilst at the same time ensuring the continuation of their education. All our staff have received our Ramadan policy and have been informed of the factors they will need to take into consideration with due regard for the learners in their care. If your child is fasting and not going home over the lunchtime period, they will not be expected to go outside at breaktime and instead will be allowed to stay in school during this period. Please also see the Ramadan policy on the school website for further information: <https://www.brandwoodprimaryschool.com/Information/School-Policies/>

If you have any queries, please do not hesitate to contact school on 01204 333444 or office@brandwood.bolton.sch.uk.

Yours sincerely

Mrs Holmes
 Head Teacher

 My child will be fasting during the school day.

Name of child: _____

Class: _____

Signed: _____

Date: _____

My child is entitled to free school dinners and will require a free packed lunch Yes No

My child will be going home at lunchtime during Ramadan Yes No



2023-2024



CONTINUED
 EXCELLENCE IN
 CHALLENGING
 BULLYING
 2025-2026



Self-validated 2025 - 2028