



## **Guidance on fasting at RCFS**

We are fortunate at Roehampton Church Forest School in welcoming children into our school of all faiths and cultures and continue to be proud of our inclusiveness approach.

We acknowledge the importance of the holy month of Ramadan; whereby all Muslims must abstain from food and drink from dusk to dawn for 30 days. With this in mind, we would like to provide fasting guidance for all children who would like to fast during the school day.

### **Fasting Guidance**

**Nursery, Reception, Year 1 and Year 2:** These children will not be allowed to fast in school in accordance with the health and wellbeing guidance for this age range.

**Year 3, 4/5 & 6:** These children may fast with parental permission in the following three formats:

1. Fasting the whole of Ramadan: Parents must email the school ([info@roehampton.wandsworth.sch.uk](mailto:info@roehampton.wandsworth.sch.uk)) to confirm that their child will be fasting for the entire month
2. Fasting some days in Ramadan: Parents must email the school ([info@roehampton.wandsworth.sch.uk](mailto:info@roehampton.wandsworth.sch.uk)) to confirm that their child will be fasting on a particular day. A packed lunch must be brought into school; in case it is required
3. Fasting half days (until lunchtime): Parents must email the school ([info@roehampton.wandsworth.sch.uk](mailto:info@roehampton.wandsworth.sch.uk)) to confirm that their child will be fasting until their lunch time every day

**Please note - Children will not be permitted to fast unless a parental email is received outlining the format of the fast.**

We will support all pupils who wish to fast, however, **we reserve the right to ask any child to break their fast in order to support their health and wellbeing.** If your child is struggling to fast at school, then we may recommend that they fast at weekends at home where the day is less demanding.

Kind regards,

Miss Anderson  
Head Teacher