



HALLFIELD SCHOOL
FASTING GUIDELINES FOR PARENTS

Head Master	Mr K Morrow
Chairman of Governors	Mr G Ralphs
Staff member with responsibilities	Deputy Head (Head of Prep)
Sub-committee with responsibilities	Education
ISI Regulatory Policy	No
Date for review	Spring 2026 <i>Unless new legislation requires amendment</i>

***“Hallfield School promotes the safeguarding and welfare of children in its care;
all policies support the Safeguarding Policy”***

Ethos

Hallfield School is a School founded on Christian Principles that admits pupils of all faiths and none. As a multicultural and multi-faith school, we aim to respect all faiths and cultural backgrounds and seek to build understanding and harmonious relationships between all members of our school community.

Definition

Fasting is the willing abstinence or reduction of some or all food, drink, or both, for a period of time.

Certain religions and philosophies practise fasting. Fasting can last for just a few hours or even a few weeks, usually with practitioners eating at night.

School Position

Hallfield School **does not encourage** any of its pupils to fast during the school day. Fasting ideally should be limited to school holidays and weekends when pupils remain under the close supervision of their parents.

Fasting generally applies to children who have reached puberty. **IF** a child in Year 5 or above has reached puberty and the child and parents wish the child to fast during term time, the school **MUST** be informed (Form Teacher) using the form attached and this decision will be reviewed on a case-by-case basis.

Safeguarding

If there are concerns about a child who is fasting, the school has an overriding safeguarding duty of care. If there are any signs of dehydration or exhaustion, the child will be advised to break the fast immediately by drinking some water and / or eating some food. Religious rulings allow the child to break their fast and make it up later. Parents will be informed if the school has any concerns about the child's welfare or if the child was encouraged to break their fast.

Legislative framework

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

- The Equality Act 2010

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

- The latest iteration of the DfE document 'Keeping Children Safe in Education'



Fasting Permission Slip

Dear Parents,

Please can you provide a written request for your child to fast by completing the permission slip below and returning it to the School Office for the attention of the Form Teacher. Ideally, you should also make an appointment to speak with your child's Form Teacher / Head of Phase to discuss the particular custom and practices you would like the school to support.

Thank you.

Child's Name: _____

Form: _____

I give permission for my child to fast during the period of _____ (please specify religious period) during the dates (from: _____ to: _____) and I have read the School Fasting Guidelines and understand how this will be implemented.

I confirm that my child has no medical conditions or circumstances that might be affected by fasting.

If my child becomes unwell / faint during a fasting period, I understand that the school will ask my child to break their fast and drink water / eat food. The school will inform me if this is the case.

Signed (Parent): _____

Print Name: _____

Date: _____