



Bexhill
Academy

RAMADAN FASTING POLICY

Updated: February 2023
Next Review: February 2024
Reviewer: Trudy Hillman

Ramadan Fasting Policy
for Bexhill Academy

This policy was adopted on 1 February 2023
This policy is due for review on 1 February 2024

We are committed to supporting students with reasonable adjustments to enable them to respect aspects of their religious or cultural practice at key times.

A Typical Day in Ramadan

Time	Action
2.15am	Pre-dawn meal to close fast
2:30am	Pre-dawn prayer
8:45am	Academy starts
3:15pm	Academy ends
9:20pm	If tar (breaking of fast)
10:45 – 12:15am	Night Prayer at mosque

Key Dates

Ramadan will start on 22 March 2023 and will continue until April 2nd 2023. It is highly likely that the first GCSE exams will take place within this period, along with other Subject Assessments.

For Consideration during examinations and assessments:

The pursuit of education is a religious and moral duty for all Muslims with the Qur'an stating: 'Seeking knowledge is compulsory for every Muslim, man and woman' (hadith).

Good GCSE exam results and assessment results are vital to your child's future life chances and options. Exam grades will play an important role as they seek to move onto further and higher education. Future job opportunities will also be determined by these exam results.

Whilst fasting has many spiritual benefits, its physical impact can lead to tiredness, low energy, dehydration, reduced focus, memory loss or inability to concentrate. A young Muslim is required to fulfil their religious obligations, however if this creates hardship and affects upon their exam performance, it may have a significantly negative impact on their future education and employment options. If the necessary grades are not met for core subjects, they may have to re-sit their exams and risk missing their preferred choice of further education.

Hardship is an established principle in Islam that allows Muslims to delay or skip their fasting (Qur'an, 2:184). Many Muslim scholars believe that students sitting important exams can be exempt from fasting if they fear that fasting will negatively affect upon their performance. Under these circumstances students could choose to fast on an alternative date.

Scholars have a wide and diverse range of opinions on how to support and enable young Muslims to perform to the best of their ability in exams during Ramadan. These include:

- Parents and young Muslims will decide not to fast on exam days and to make it up after Ramadan.
- Parents and young Muslims will continue to fast on the days of their exams but will perform the night prayer at home.
- Parents and young Muslims will decide to continue to fast on the days of their exams and to perform the night prayer in congregation at the mosque.

The decision to fast or to delay remains with your family and with your child. We suggest speaking with your child to find out their views.

Whether your child will be observing Ramadan during the exam period or not you may find the following suggestions for their physical, mental and emotional well-being helpful during the exam period:

- Ensure your child gets plenty of sleep – 8 hours as a general guide
- Switch off mobile devices at night - the 'blue light' is proven to over stimulate the brain
- Create and stick to a revision timetable – Bexhill Academy can support you with this
- Be sure to plan relaxation time – a relaxed mind and body is more effective
- Eat a balanced diet
- Drink plenty of water
- For those young Muslims who will be fasting, The Department of Health recommends drinking enough water prior to fasting to avoid dehydration.

Support/Guidance/Advice:

1. Preparation leading up to Ramadan

Students	Parents	Bexhill Academy
Work with teachers to ensure they know you will be fasting and the impact this can have on you.	Inform your child's Form Tutor of the fasting arrangements for your child and family. Ensure key subject teachers are made aware.	Ensure adaptations are in place to support fasting i.e. temporary arrangements for P.E and Food Technology, risk assessments for Academy Trips
Work with teachers to develop a revision programme if taking GCSE examinations. Develop self-discipline and motivation to abide by revision programme and engage in independent study	To be fully aware of what the revision programme entails Ensure your child routinely follows the programme of revision	Support with constructing a programme of revision
Speak to your Form tutor/ Subject Teachers/Learning Leader for any further support	Contact the Year Leader/Pastoral Manager if you require any further support	Support students and parents with the long-term revision programme.
Attend all interventions and extra classes and come prepared with questions to further your knowledge, understanding and support	Support academy by reminding and encouraging your child to attend all available interventions and revision classes	Intervention and revision timetable organised and running – promoted to students and parents. Independent Study clubs in place.

2. Routines during Ramadan/Exams

Students	Parents	Bexhill Academy
Try getting a couple of hours of sleep after returning from school	Allow your child some 'quiet/rest time' to refresh	Offer extended time for Home Work tasks if required
Fit in your revision and homework after your rest and prayers	Encourage your child to engage in revision and homework during the allocated times	Optional support with constructing Ramadan revision programme
Ensure alarm is set early and arrive to academy on time	Ensure your child has an alarm clock and ensure they get to academy on time	Parents/carers updated on any timetable changes
Arrive early for exams and related interventions	Be aware of your child's exam timetable and ask them about it a day or two before – it will keep them on their toes!	Parents/carers updated on all intervention sessions and Independent Study clubs

3. Diet during Ramadan

- Typical household consumes a relatively larger amount of fried, fatty and salty foods during Ramadan – more samosas, pakoras, biryanis are on the menu.
- Raise awareness of the importance of hydration to maintain peak performance
- Consume fruits with high water content

Students	Parents	Academy
<p>Take personal responsibility to make the right choices with healthy options</p> <p>Avoid asking for unhealthy options</p> <p>Understand that this is also a challenging time for your parents/carers and support them in order that they can support you</p>	<p>Make an effort to adjust If tar and Sehri (pre-dawn meal) menu to contain healthy options</p> <p>Collectively decide as a family the alternative healthy menu options</p>	<p>Raise awareness of healthy eating with students through :</p> <p>Assemblies Form Tutor time PSHE Days</p> <p>Raise awareness of healthy eating with parents, through: Parental meetings</p>

Support your parents/carers with deciding on what healthy options to have		
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Monitoring arrangements

This policy will be reviewed by Bexhill Academy annually. At every review, the policy will be approved by the Trust Board.