



Sneinton St Stephen's C of E Primary School

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Headteacher: Mr M Lowe

Wednesday 5th March 2025

Dear Parents and Carers,

Fasting during the school day

At Sneinton St. Stephen's, we recognise that fasting is a significant spiritual practice for many of our pupils and their families.

Some of our children may choose to fast during religious observances or for other faith-based or personal reasons. While fasting is generally not obligatory for children before puberty in many faiths, we understand that some may wish to take part for a day or for a period of time. We also acknowledge that families may encourage their children to fast as part of their spiritual development and in preparation for adulthood.

We will always aim to provide a safe and supportive environment for all children who choose to fast. To ensure we can support your child effectively, we kindly ask parents and carers to inform the school if their child will be fasting.

Please see the guidance on the back of this letter, outlining procedures and expectations for children who choose to fast while at school. If your child is fasting, you can inform us by calling or emailing the school office or providing written confirmation. Children are welcome to opt in or out of fasting on any given day.

We encourage families to discuss with their children whether fasting is appropriate for them, and we will always prioritise a child's health and well-being if concerns arise during the school day.

If you have any questions, please do not hesitate to contact us.

Yours Sincerely,

Mark Lowe
Headteacher



Guidance for Supporting Children Who Are Fasting

At Sneinton St. Stephen's CofE Primary School, we respect and support the religious and personal choices of all our pupils. This guidance provides information on how we support children who wish to fast while at school and ensures their safety and well-being.

Aims and Objectives

- To provide a safe and inclusive environment for children who choose to fast for religious or personal reasons.
- To ensure appropriate care and support for fasting pupils and maintain communication with families if concerns arise.
- To promote understanding and respect for different faiths and beliefs within our school community.

Implementation

- **Parental Communication:** Parents/carers must inform the school if their child will be fasting, specifying whether it is for a specific period or intermittently.
- **Health and Wellbeing:** Children who are fasting should eat a meal before coming to school to maintain their energy levels.
- **Physical Activity:** If a child is fasting, we ask parents/carers to ensure they have a snack or packed lunch available in case they need to break their fast due to tiredness or physical exertion during PE.
- **Quiet Areas:** Fasting children will have the option to use a quiet space during break and lunch to rest if needed.
- **Curriculum & Assemblies:** Our curriculum and Collective Worship will provide opportunities for all children to learn about different religious practices, including fasting in various faiths.
- **Breaking the Fast:** If a fasting child becomes unwell or distressed, we will contact parents/carers and in consultation with them, we may encourage them to break their fast with water and a snack to ensure their wellbeing.
- **Medical Considerations:** Parents/carers of children with medical conditions (e.g., diabetes) should discuss their child's individual needs with the school.

Health and Safety

- Parents/carers must notify the school of their child's fasting status.
- Staff will monitor children who are fasting and inform parents/carers if any concerns arise.
- Children who feel unwell while fasting must inform a staff member immediately.

Inclusion

- We work in partnership with families to ensure children feel supported in their faith and cultural identity.
- We encourage a respectful and understanding attitude among all pupils towards those who are fasting.

At Sneinton St. Stephen's, we celebrate and support the diverse faiths and backgrounds of our school community. We appreciate the partnership of families in working with us to support all children during this time.

Date Written: March 2025