

Fasting Policy

Collège Français Bilingue de Londres (The "School")

Introduction

CFBL welcomes pupils from many different ethnic groups, backgrounds and creeds and has a responsibility to ensure that all members of the school are in a safe and welcoming environment. The School has adopted this policy since some parents may choose for their children to fast temporarily during the school year.

Aims and Objectives

- To provide a safe environment for children who wish to fast.
- To ensure the proper care of children is maintained and keep parents informed if their child is unwell.

Implementation

All parents must inform the school in writing if they wish their child to fast. We ask that parents complete a 'fasting permission slip'; these slips are available from the School reception.

If a child says that they are fasting, but the school has not received a permission slip from their parent, they will be dealt with in a respectful manner; however the child will not be allowed to miss lunch.

Children who are fasting should not be expected to exert themselves physically. For Health and Safety reasons, pupils who are fasting do not do active physical education lessons at the time they are fasting.

Children who are fasting will not be allowed to participate in strenuous activities such as running around at lunchtime. They will be encouraged to make use of quiet areas on the playground in order to conserve their energy.

All children that fast will need to bring an emergency snack with them to school daily. In the rare circumstances of a child becoming distressed or unwell when he or she is fasting, the School will encourage the child to break their fast by eating their emergency snack and having a drink of water.

If a child has a medical condition that would be complicated by fasting, e.g. diabetes, the child will not be permitted to fast at school.

Health and Safety

- The school will inform parents immediately if their child who is fasting becomes unwell.
 - Children who fast must conserve their energy and not join in strenuous games.
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