

How to Support Students During Ramadan 2023

Ramadan Information:

Ramadan is the ninth month of the Islamic calendar and is observed as a month of fasting. The month lasts 29-30 days based on the Lunar Calendar (this year it's Thursday, March 23 through Friday, April 21). Ramadan provides an opportunity to focus on positive thoughts and actions, to become more grateful for things people usually take for granted, and be reminded of the importance of helping others. Muslims will reflect on their spirituality, so they will typically increase offerings of prayer, recitation of the Quran (sacred scripture of Islam), and increase good deeds and charity.

Effects on Students:

Some students may appear less energetic or may have headaches because Muslims refrain from consuming food and drinking liquids during the daytime, from dawn to sunset when they break their fast. At the end of the month-long fast, there is *Eid*, which is the first day Muslims break their fast so it is a big celebration and gathering of family and friends. Muslim students will likely miss school on this day to go to Eid prayer and celebrate the festivities with their families and friends.

Here are some things we can do to help:

- Identify a space for students to be during lunches and/or prayer time. Ideally this space will be consistent throughout the day and month.
- Do not ask them to break their fasting. Do not offer a sip of water or ask them to get something to eat unless they are okay to do so on their own.
- Send students to designated rooms if they don't want to be around food/people eating/in the cafeteria.
- Noon prayer time range occurs during the school day around 1:15 p.m.. If a student wishes to pray at this time, the student should go to their class first, ask the teacher to be excused, then go to a designated room. The prayer lasts ten minutes at most. The student will then return to class.
- For PE classes, unless the student chooses to fully participate, please focus on restful activities such as yoga and/or stretching. As students cannot drink water throughout the day, it's very important that they stay inside and participate in activities that do not risk their health. If they cannot stay inside, keep them in the shade and allow more time to rest during PE.
- Allow more time on tests/assessments.

Fasting is obligatory for students from the onset of puberty through adulthood.

Girls will be exempt from fasting during their menstrual cycle. They might not want to eat in front of others during Ramadan as a respect to others that are fasting.

Meetings during Ramadan:

If you need to have a meeting with parents for any reason, try to keep it in the afternoon (or simply ask their preference) so that they can make it to the meeting.

To learn more about Ramadan & supporting students and families during this month, consider delving into the following resources:

For Teachers

- [Ramadan Information Sheet](#) by ING
- [How Teachers Can Support Students During Ramadan](#) by PBS
- [Teaching About Ramadan](#) and Eid by Learning for Justice
- [9 Ways to Support Your Muslim Friends During Ramdan](#) by Medium.com
- [How to Support Your Muslim Friends During Ramadan](#) by Girl Scouts River Valley. The dates are outdated but the tips are relevant
- [What is Ramadan and Why do Muslims Fast?](#) video by asksimpleislam

For Students

- [Ramadan 2023 Text Set](#) in Newsela
- [PBS video](#) for grades K-6. 5.46 minutes on Radmadam and . Explanations for what Ramadan from a young girl.

Thank you for supporting our students by being aware and informed about their cultures.