

How to Support Students during Ramadan ?



Ramadan is the Islamic holy month - that is based on the lunar calendar- and moves backward by about 11 days each year relative to the Gregorian calendar. The five pillars of Islam binds vastly culturally and linguistically diverse Muslim communities in the United States. Fasting during Ramadan from sunrise until sunset is one of the five pillars in Islam. During Ramadan, people who fast, exercise extra prayer and refrain from food and drink, including water. The Eid-al-Fitr celebration marks the end of Ramadan.

During Ramadan, students at your school may be fasting for around 14 hours a day and be practicing spiritual and religious activities that involve going to the mosque or community events at nights. Although Ramadan can be a challenging month, it is a time of joy, spiritual fulfillment, reflection, and consciousness.

To validate and affirm this religious ring of culture and the lived experiences of students during Ramadan, this document includes suggestions to be culturally responsive during this religious practice:

- Mark Ramadan and Eid-al-Fitr on your school calendar.
- Set aside a clean, safe, and convenient place where students can relax or take a short nap during the lunch break.
- Provide lunch and breakfast as a to-go box for the students who are eligible for free breakfast or lunch so students can eat when it is appropriate.
- Offer alternative activities and assessments in physical education (PE) classes to minimize the risk of dehydration and hypoglycemia that may result from intensive exercise.
- Give students the option to opt out of exercising outside when the weather is hot and dry.
- Give students and families the option to opt out of field trips, after school events, and family engagement events that include physical activities, food/drink, and games.
- If state assessment, Advanced Placement (AP) and International Baccalaureate (IB) testing windows are during Ramadan, please plan to provide alternative testing dates before or after Ramadan for students.
- Be authentically culturally responsive in your accommodations, so that students do not feel alone, different, or excluded; engage them and their families for ideas.
- Excuse students' absences for the first day of Eid al-Fitr if the school is in session.
- If you want to include students in a discussion about culture, religion, and Ramadan, give them an advance notice privately and give them the option to not be involved.
- Call or email parents and families in your school to send Ramadan greetings and to inform them about the accommodations for their children during Ramadan.
- Get to know students, do not assume all Muslim students practice fasting and Ramadan.

Here are some resources for sharing:

[Understanding Ramadan: A Classroom Teacher's Guide - The Educators Room](#)

[In Consideration of Ramadan | Learning for Justice](#)

