

RAMADAN IN SCHOOLS

FEB 28, 2025 - MARCH 29, 2025

Many Muslim students and staff members will be observing the Islamic holy month of Ramadan, a time of fasting, prayer, and reflection when Muslims who have reached the age of puberty abstain from eating and drinking from sunrise to sundown. It is a Muslim's first amendment right to fast during Ramadan and be provided reasonable accommodations while at school or at work.

Muslims will celebrate the end of the month with the Eid-ul-Fitr (Festival of Fast Breaking) holiday tentatively on Sunday, March 30, 2025. Students who miss school to celebrate Eid-ul-Fitr will have an excused absence. Eid is typically celebrated over 3 days.

Physical Activity

Students should be allowed to forgo strenuous physical activities in P.E. class. Since students may also spend a lot of time outdoors in the sun, allow fasting students sit in the shade when outside since **they cannot have water while fasting.**

Lunch

Designate a place for students during lunchtime so they don't have to sit next to students who are eating. It can be a teacher's classroom, library, space inside the cafeteria, etc. Some students who are fasting will opt to sit with friends during lunch.

Emotional Well-Being

Being mindful that students who observe fasting can feel left out, teachers can come up with creative ways to make sure students don't feel excluded from activities or classroom celebrations. Share books or activities about Ramadan in the classroom.

Not All Muslim Students fast - exemptions include sickness, travel, menstrual cycles, and other personal reasons

Fatigue

Students may be tired, hungry, and dehydrated by the end of the school day. Additionally, Muslims engage in a late-night prayer (1 ½ hours after sunset) and a pre-dawn meal which may also contribute to fatigue. **The last 10 days of Ramadan are especially sacred as many Muslims stay up all or most of the night in prayer.**

Young Children

Children who have not reached puberty **are NOT required to fast** but may still choose to fast. However, some younger children fast half the day, so they may not eat breakfast but eat lunch or vice versa.

Hijab

It is not uncommon for some female students who normally do not wear a hijab(headscarf) to put it on for the month of Ramadan and remove it when the fasting period is over. It is best practice to **avoid questioning them publicly as to why they put it on or remove it** since this is how some people show their respect for the month.

For recommended literature on Muslims, visit amactn.org/schools

