

Ramadan is a time for spiritual purification achieved through fasting, self-sacrifice, reflection and prayer. During this time, extra time is spent performing prayers, reflecting on oneself and sacrificing worldly desires to strengthen the soul. Muslims around the world will fast from dawn to sunset. Fasting is one of the Five Pillars of Islam and requires abstinence from food and drink.

March 23*, 2023 to April 22*, 2023

*Date may vary by one day depending on individual's religious school of thought.

Supporting Students During Ramadan

How can you help?

- Consider opening up your room for students as a food-free area during lunch.
- Allow students to walk during PE instead of running as they cannot drink water.
- Provide a space for students to pray.
- Be mindful of your Muslim students when passing out candy/food in class.
- Consider changing dates of school celebrations
- Provide a space for female students to eat as they cannot fast when they are on their menstrual cycle. They may not feel comfortable eating publicly.
- Be a support for students who may be tempted to or actually break their fast.
- Refrain from playing music in class if possible.
- Allow students to take a quick break if they struggle to concentrate.
- Be a support for the students who may start wearing their hijab during this month.
- Remember it is not a student's responsibility to educate class members about Ramadan.
- Contact your local mosque to invite community members to your classroom to speak about Ramadan.

While this affects students at the Middle/Secondary/Higher Ed level, some Elementary students may choose to fast.

Visit the following for more information

Ramadan: <https://ing.org/ramadan-information-sheet/>

Prayer Time: www.muslimpro.com

CAIR Educator's Guide to Islamic Religious Practices:
<https://tinyurl.com/educatorsguidetoislam>

Questions?
Email me at
sheiks2@uw.edu

