

What is Ramadan?

Ramadan (Eid al-Fitr) is a month of worship for Muslim families that includes (with some exceptions) daytime fasting and special prayers, and this year it is observed from Friday, February 28 through Friday, March 28.



How can educators and school communities support students during Ramadan?

Acknowledge diversity within Islam

Understand and convey to students that Muslims come from diverse ethnic and racial backgrounds. It is important to avoid generalizations and stereotypes, recognizing that the Islamic faith spans a wide range of cultures and nations.

Be mindful of energy levels

Recognize that fasting students will have lower stamina for physical and mental tasks, especially in the initial days of Ramadan. Adjust expectations accordingly and provide support as needed.

Homework and academic considerations

Given that students might spend more time in religious activities, consider flexibility with homework and assignments. Encourage students to use non-fasting hours or school-provided times for completing their work to balance their spiritual and academic needs.

Respect fasting exemptions

Be aware that not all Muslim students will be fasting due to valid exemptions (such as young age, health issues, or travel). Treat these situations with sensitivity and privacy, avoiding assumptions or unnecessary attention. Please note sleep schedules are affected during Ramadan as pre-dawn meals are taken as early as 3:30am.

Awareness of Eid al-Fitr

Recognize that the end of Ramadan marks the celebration of Eid al-Fitr, a significant and joyous occasion for Muslims. Awareness and acknowledgment of this festival can foster a sense of inclusion and respect.

Provide (optional) alternative lunch arrangements:

Offer Muslim students the option to spend their lunch period in a quiet, separate space if they prefer. This consideration helps accommodate their fasting and provides a comfortable environment for personal or religious activities.

Promote understanding among all students

Even in the absence of Muslim students in your classroom, discussing Ramadan and its significance can enhance cultural awareness and empathy among all students.

Cultivate supportive school environments:

Ensure that the school environment supports the needs of fasting students, including providing spaces for prayer and rest, and being flexible with physical education requirements. Foster an inclusive atmosphere where students feel their cultural and religious practices are respected and valued.

Encourage empathy and inclusion:

Use this opportunity to encourage empathy, understanding, and inclusion among all students. Highlighting the importance of respecting diverse practices and beliefs can contribute to a more harmonious and supportive school community.

Educational resources:

Instead of asking students to educate their peers about Ramadan, use vetted resources to inform and engage the class. This approach respects the students' role in the classroom and supports inclusive learning. The resource links below may be helpful.

Resources

[Resources and suggested activities from the Colorado Muslim Leadership Council](#)
[Dr. Sawsan Jaber's letter to educators about Ramadan](#)
[How teachers can support students during Ramadan](#)
[Teaching about Ramadan and Eid](#)
[A Ramadan guide for school administrators and teachers](#)
[ING lesson plans and resources for educators](#)