

Supporting Students During Ramadan

April 13*, 2021 to May 13*, 2021

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

HOW CAN YOU HELP?

In Person Setting -

- 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 (or be mindful of it next year).
- 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.

In-Person/Virtual Setting -

- Be a support for students who may be tempted to or actually break their fast.
- Provide alternative assessment options.
- 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.
- Even though students might be in a virtual class, some families may choose to pray together because they are at home during the pandemic.
- Contact your local mosque to invite community members to your classroom to speak about Ramadan.

*While this affects students in 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?

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