

رمضان مبارك

Ramadan Mubarak

As staff, students and families embark on fasting during the month of Ramadan (Estimated February 17- March 19, 2026) please see some helpful school-based practices below:

- Expect to experience a lower rate of participation in person. For many families, focusing on prayer, community and charity is priority 
- Sleep will be impacted, expect increased fatigue, and potential lates, if not absences 
- When possible, support students with flexible timelines and reduced work loads if necessary
- Encourage students to bring their own prayer mat 
- Reduce exertion for fasting students and allow frequent breaks during gym class as needed. 
- Where possible, provide fasting students a safe space to go during lunch.

Do not hesitate to forward your questions to either [Abeir Estwani \(Elementary\)](#) or [Saamah Jadoon \(Secondary\)](#)