

# Ramadan Best Practices 2024



## What is Ramadan?

Ramadan is the ninth month of the Islamic calendar and signifies the beginning of the Holy month where Muslims exercise their faith through fasting, charity, and religious conviction.

The month of Ramadan lasts for 29 or 30 days, depending on the lunar calendar. During Ramadan, Muslims do not eat or drink from the break of dawn to sunset. Ramadan is a continued period of enhanced commitment to self-restraint, and a time to focus on moral conduct.

The practice of fasting varies from family to family. Fasting may begin when children reach the age of puberty; however, in some families, fasting may begin at a younger age.

Other ways in which students may be participating during the month include:

- **Rising before sunrise** to participate in Sahoor (*the practice of eating before sunrise*)
- Offering afternoon prayers
- Attending late night prayers and services at the local mosque
- Absence from school on Friday afternoons to attend prayers at local mosques
- Other important notes to consider include women and girls who are menstruating are exempt from fasting as are persons experiencing difficulty as a result of health or medical reasons

## When is Ramadan?

Based on the lunar calendar, Ramadan is tentatively scheduled to begin on the evening of

**March 10th or 11th, 2024 and end on April 9th or 10th, 2024.**

These dates should be considered flexible as they can vary between communities and mosques

The start and end of the month is based on the lunar calendar (as is the entire Islamic calendar).

Due to lunar cycles, **the start and end of Ramadan may vary by a day**



## Lunch Hour/Recess Accommodation

Where possible, provide fasting students a safe space to go during lunch. A space where students can come and rest during the lunch hour



Contact [Abeir Estwani](#) (Elementary) or [Saamah Jadoon](#) (Secondary) if you have any questions related to Ramadan or accommodations for students/families in your school.

In respect of  
[DDSB Accommodating Creed in Schools](#)

## Prayer Accommodation

Prayer is an essential part of Islam, and even more prevalent during the month of Ramadan and on Fridays. Muslims may pray up to five times a day, at specific times based on the lunar calendar. Most prayers can be offered at home; however, afternoon prayers, otherwise known as Zhur salaah, may be prayed at school due to timing.

Please [CLICK HERE](#) for **DDSB PRAYER AND REFLECTION SPACES** Document



## Assessment Accommodation


Exams, tests or assignments may require additional accommodations as a result of the sustained attention and focus required. Alternative writing times may be required.

## Physical Activity, Events & Trips

- Remind staff that some Muslim students may not participate at the same level in physical activities during Ramadan and that this is okay, grading should not be punitive.
- Avoid extended exposure to outside heat for students who are fasting (*i.e. play days, track and field*)
- Be inclusive when organizing trips or evening events. Although evening events are optional, often families do want to be included. Consider hosting the event outside of Ramadan or providing prayer space and light refreshments at sunset to accommodate fasting students and their families.



## How does this impact students and schools?

- Sport teams and other activities need to consider fasting students. Some students may choose to participate while others will opt out due to their fast. We encourage school administrators to select dates that take this into consideration.
- Students will not be eating or drinking (including water) from dawn to sunset 
- Students may be arriving to school tired, lethargic, or late as a result of being up late at night and/or up before sunrise
- Some Muslim students may be involved in praying at the mosque during this venerated month which may run late into the night, this could also impact attendance
- The combination of fasting and a disrupted sleep schedule will impact students participating in sports, graduation, exams, test taking, and year end trips
- Make accommodations that are reasonable. Families may approach you about these accommodations specific to their child's needs