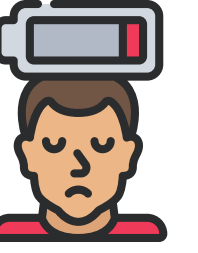

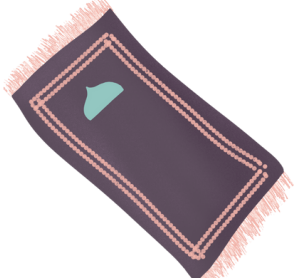



رمضان مبارك

Ramadan Mubarak

As many staff, students and families embark on fasting during the month of Ramadan (Estimated March 11 - April 9, 2024) please see some helpful school-based practices below:

- Expect to experience a lower rate of participation online and in person. For many, focusing on prayer, family time and charity is priority 
- Sleep will be impacted, expect lethargy, and potential lates, if not absences 
- Where possible, support students with flexible timelines and reduced work loads if necessary
- Encourage each student to bring their own prayer mat 
- Reduce exertion for fasting students and allow frequent breaks during gym class as always 
- 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)