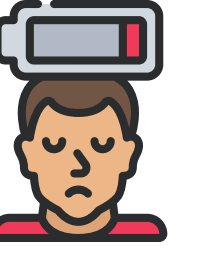

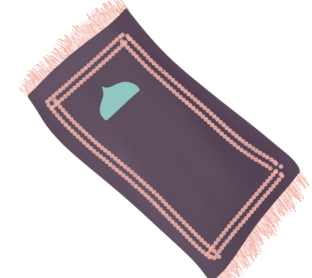



رمضان مبارك

Ramadan Mubarak

As many staff, students and families embark on fasting during the month of Ramadan (Estimated February 28 - March 29, 2025) 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)