

Ramadan starts Saturday! 🌙

1 message

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Thu, Feb 27, 2025 at 11:30 AM

To: [REDACTED]

Hi, Everyone,

The month of Ramadan starts in a few days! **Saturday, March 1, marks the first day of fasting. Ramadan ends with a celebration called *Eid al Fitr* tentatively on March 31**, depending on the moon sighting.

Muslims observe the month of Ramadan in many ways, most famously by fasting (abstaining from food or drink, including water) during daylight hours. (Not all Muslims fast the whole month, for various reasons, including age and health considerations.) We start fasting at dawn, when the 'first thread of light' appears in the sky, and break our fast when the sun has completely slipped below the horizon. At this time of year in Boston, the fast lasts from approx 4:45 am to 7pm, changing slightly each day to account for sunrise and sunset.

During this beautiful month, we strive to be more mindful of our behavior and work towards personal goals, e.g. to increase kind actions, to avoid talking behind people's backs, to be more patient, to develop greater God-consciousness, to volunteer in the community, etc. It is particularly challenging -- and also imperative -- to work on these while fasting! We are also encouraged to give generously to charity.

Important Considerations for School during Ramadan

- *If you typically acknowledge holidays, acknowledge the month, and send well wishes.*
"Ramadan Mubarak" means "Have a Blessed Ramadan!"
- *While most Muslims are fasting, not all are.*
You can ask your class/families what accommodations they'd like, but I would avoid asking individual students if they are fasting.
Some Muslim students don't mind being around classmates eating lunch, and others do. PE and other active times may also be challenging for fasting students.
- *Some families stay up extra late during Ramadan.*
This is the "holiday season!" Some families still stay up late for Ramadan traditions, and many then wake up around 4:45 for *suhoor*, the pre-fast meal. Even students who aren't fasting may be extra tired!
- *Be careful not to put kids on the spot to become "cultural ambassadors."*
Some students and families may want to share, but it should be a choice.

Attached is a document with "8 considerations for your classroom" from Teaching While Muslim. Anne has already pulled some books about Ramadan (and/or Eid, the holiday that marks the end of Ramadan) in the library. (Thanks, Anne!)

Ramadan kareem! 🌙

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- Ramadan starts Saturday! 🌙

Jenna Laib

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2 attachments

 **Understanding Ramadan (US Letter).pdf**
2763K

 **8 Ramadan Considerations for your classroom.pdf**
3143K