Ramadan Information and Outline of Supports SY 20/21

We would like to wish our Muslim students, families, and staff, Ramadan Mubarak! Our school looks forward to supporting those who are observing fasting, and to honoring the cultural importance of Ramadan, especially during these difficult times.

Ramadan begins the evening of April 12 and running through May 12, 2021. Please read the outline of what kind of supports we will provide to our students during the month of Ramadan.

**Assessments** - When practicable, teachers will provide additional time to any student observing Ramadan if they request it.

**Mealtimes** - During Ramadan, Muslims fast or abstain from any eating or drinking. Since most students are home due to the district closure, and families choose learning models, be conscious that families observing Ramadan will not immediately eat any meals distributed by the district. Teachers need to be mindful of students observing Ramadan and avoid showing students or teachers eating during class and in Zoom meetings.

**Music Classes** - If requested, students observing Ramadan have the option to be excused from participating in their music classes.

**Class Meetings** - Expect fasting students to stay late for Sahoor (late Dinner); we strongly encourage the teacher to be flexible for early zoom/in-person classes and classes after 3 p.m.

**Physical Education** - Students observing Ramadan have the option to be excused from participating in physical education if they choose to do so. Alternative assignments that do not require them to do any strenuous work while they’re fasting can be provided.

For more information about Ramadan and additional support, please reach out to Nagla Abdalla (nabdalla@bostonpublicschools.org) and Ahmed Noor (anoor@bostonpublicschools.org) in the Office of English Learners.

For mental health and crisis support, you can find more information here: [https://www.bostonpublicschools.org/Page/8186](https://www.bostonpublicschools.org/Page/8186). Parents and caregivers should reach out to their child/student’s school if their child/student is not currently seeing a counselor.
Like students, members of our staff who are Muslims may also be observing Ramadan and fasting. For more information, please reach out to Grace Jung (bpsequity@bostonpublicschools.org) in the Office of Equity.

We want to wish our Muslim community a happy, healthy, and safe Ramadan.
Here is more information about Ramadan:

★ Over one and a half billion Muslims throughout the world (50,000 Muslims in the Boston area) will begin fasting (abstaining from food, drink, and other pleasures) from dawn to dusk during the month of Ramadan (April 13 - May 12, 2021)
★ After the sunset prayer, Muslims gather in their homes or mosques to break their fast with an Iftar meal (Breakfast) that is often shared with friends and extended family.
★ During Ramadan, Muslims enter into a period of discipline and worship, fasting during the day and praying throughout the day and night. This can make many students tired and fatigued.
★ There is a practice whereby Muslims intensify their acts of worship during the last ten days of Ramadan by praying all night, sometimes spending nights at the mosques, which can also make students tired and fatigued.
★ At the end of the month of Ramadan, Muslims celebrate Eid al-Fitr, or the “Feast of Fast-Breaking,” which is one of the two major religious holidays of the Muslim calendar. The other, Eid al-Adha, marks the end of the hajj, the pilgrimage to Mecca that all Muslims are expected to perform at least once in their lives if they are financially and physically able. Muslim students who are observing the two holidays and absent from school will be excused.
★ You can extend greetings by saying: “Happy Ramadan,” “Ramadan Mubarak,” “Ramadan Kareem,” or “Have great fasting.”
★ The Last Day of Ramadan is May 12, 2021. Eid ul-Fitr is a significant festival in the Islamic calendar. It is also known as ‘The Feast of Breaking the Fast’ and celebrated by Muslims worldwide to mark the end of Ramadan.

To learn more about Ramadan, visit:

❖ [https://everydayfeminism.com/2016/06/support-friend-during-ramadan/](https://everydayfeminism.com/2016/06/support-friend-during-ramadan/)
❖ [https://www.huffpost.com/entry/ramadan-in-the-workplace_b_593236d0e4b00573ab57a392](https://www.huffpost.com/entry/ramadan-in-the-workplace_b_593236d0e4b00573ab57a392)