



RAMADAN MUBARAK

# Ramadan Info Sheet For Educators

The Islamic calendar is lunar, so Ramadan starts about 10-11 days earlier each solar (Gregorian) year. A listing of Muslim holidays and observances can be found at [isbatlanta.org/learn/calendar](http://isbatlanta.org/learn/calendar)

## Appropriate Greetings or Check-in

Occasion	Greetings or checking in
Ramadan days 1 -30	Ramadan Mubarak! Blessed Ramadan! How is your fast going?
Eid (festival of breaking the fast)	Happy Eid! Eid Mubarak! Hope you have/had a great holiday!

\*Based on the lunar calendar and dates may change due to the cycle of the moon. Often times the exact date/day is known only a day before.

## About Ramadan

Ramadan follows a lunar calendar and every year it is 11 days earlier than the year before.

Muslims fast from dawn to sunset – no water or food

Ramadan is followed by a major holiday for Muslims – Eid-ul-fitr or Festival of Breaking the Fast

A day in the life of a fasting student  
(Exact times may vary slightly):

4:30 am	Eats an early breakfast with family
5:30 am	Prays the morning prayer
7:00 am – 4:30 pm	School Day (Different for elementary, middle and high schoolers)
12 noon – 2 pm	Window to offer noon prayer
8:00 pm	Sunset – break the fast with family and friends and offer Sunset prayer
9:30 pm	Night prayer and special Ramadan prayers that can last over an hour. Older students might join family to attend the prayers at a mosque which will last longer.

## Reasonable Accommodations At School

Allow students to go to the library if not comfortable to be in the lunchroom during lunch break.

While giving students treats and such, offer to take the treats home to eat after they break their fast.

Accommodate requests for private areas to perform noon or mid-day prayer.

Know that it is hard for the students to be outside in hot weather or do hard physical exercises during physical education.

Student's energy levels may be low in the first few days of fasting and towards the end of the day.

Consider Ramadan and Eid when scheduling standardized testing.

Students may request to miss a day to observe the Eid holiday.

## Information

For more information or to schedule a cultural training session on Ramadan, please contact the Islamic Speakers Bureau of Atlanta at: [info@isbatlanta.org](mailto:info@isbatlanta.org) or [director@isbatlanta.org](mailto:director@isbatlanta.org)

Visit our website at: [isbatlanta.org](http://isbatlanta.org)



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