

Ramadhāan fasting - General Guidance

- The start date for the month of Ramadhāan varies every year. Please check the website updates for dates.
- The day of Eid marks the end of the month of fasting.
- Most dates **depend on moonsighting**; however, some Muslims **may follow guidance on the fixed dates** to start the month of fasting and the day of Eid.
- The **nights of Qadr** fall after the middle of the month. These nights are important as the first verses were **revealed to Prophet Muhammad (pbuh)**. The Holy Qur'an was also revealed on these nights. The nights of Qadr are known to be better than a Thousand months. Muslims will spend these nights in worship and spiritual activities.
- A fast is from **dawn to dusk, and the length of fasts will vary**. For example, if the month of Ramadhāan falls during Summer, the fasts are longer.

Top tips for teachers:

- Being **mindful** that Muslim students would be fasting. Fasting could potentially impact some learning, for example, being **unable to concentrate fully**.
- Also, remember that **sleep patterns** may be affected as some students go to the mosque at night to offer prayers and take part in reciting the Holy Qur'an.
- Arrange for **quiet places** during lunchtime so students can **offer prayers** and if they want to **rest** in a quiet area.
- Students who are younger and have **not reached the age of puberty may fast** to experience and be part of the family's religious observance.
- Fasting is not compulsory for anyone who is ill or due to old age or an expecting/ nursing mother. However, there are various rules regarding this. **Please ask for guidance** where needed.
- For **girls** - during their monthly cycle, they are **exempted from fasting**. However, these have to be **repaid** before the following month of Ramadhāan.
- Finally, use the **opportunity to develop Religious Literacy** so that there is an **understanding among peers**.

Top tips Subject leaders:

- Point to note for any **catchup lessons**- these could be **scheduled with a late start** so that students can lie in before the session.
- Also, where possible, **avoid Fridays** so students can participate **in the Friday prayers at their local mosque**.

Top tips for Headteachers:

- Breaking taboos that Muslims have a huge meal before and after fasting will help.
- Schools could be encouraged to **provide lunch packs to the students who are on FSM** and have **fasted**.
- Remember, for some students on Free School Meals, the school lunch is their main meal, so a takeaway for the home will help.
- For some people, it's a **reality to have only essential foods**. Some **Muslim homes** may be **reluctant to approach food banks**. Although some **mosques have a hardship fund or food bank**, there could still be some who **may be hesitant** to approach these. Hence, supporting fasting students can also make it easier for the family.
- During the **holidays, a basket of essential needs** can be sent to the students on Free School Meals to support them during Ramadhāan.

Useful website: [Ramadan 2022 | Muslim Council of Britain \(mcb.org.uk\)](#)