

Understanding Ramadan: A Guide for Schools

Dates of Observance: February 17, 2026 to March 19, 2026

Ramadan is the ninth month of the Islamic lunar calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. It lasts 29-30 days, depending on the sighting of the moon. Fasting from dawn until sunset is one of the Five Pillars of Islam. It involves abstaining from food, drink, and other physical needs. It is a time for spiritual growth, increased devotion, and worship.

Accommodating Students During Ramadan

Flexible Scheduling: Allow flexible timing for tests or assignments due to students' altered energy levels. Be mindful of scheduling physical activities, as fasting students may have lower energy. Be aware that students may struggle to study at night. They may be absent for specific days towards the end of the holiday, specifically during Eid al-Fitr, the festival marking the end of Ramadan..

Creating a Supportive Environment: Designate a quiet space for students who may want to pray or rest. Avoid scheduling major school events or exams during Eid al-Fitr.

Communication and Sensitivity: Encourage open communication with students about their needs and how you can support them. Be aware of signs of fatigue or dehydration and offer support as needed.

Cultural Awareness

Educate staff and students about the significance of Ramadan to foster a respectful and inclusive school environment.

Nutritional Considerations

Allow students an alternative space during lunchtime so they do not have to be surrounded by food. Be understanding if students wish to break their fast at sunset and might need to eat during after-school programs or events.

Supporting students during Ramadan involves understanding their needs and creating an inclusive and respectful school environment. By fostering awareness and making accommodations, schools can ensure that all students feel valued and respected during this significant time.

If you have questions or concerns, please contact Language and Culture Services.