



How Schools can Support Students

1) **Designated Prayer Spaces**

Have designated prayer spaces available that are clean from clutter, have enough space for all the children to pray and have prayer mats available, where possible. It can also be helpful to offer some privacy, especially since you may have students who choose not to disclose their faith. Students must be able to focus and turn toward Mecca.

2) **Lunch Time Provisions**

While practising Muslims are supposed to notice their hunger and thirst during Ramadan, sitting in a room where everyone else is eating can be overwhelming, and it's not a required part of the experience. It's about awareness, not suffering. Practising Muslim students will feel included if they have an alternative place to take a break during lunch. Set up spaces for children to create arts and crafts, read or just rest at lunchtime, away from other students who are eating, such as the library. Some children will be comfortable remaining in the classroom or going to the cafeteria, but others may find it difficult while they are fasting.

3) **Whole School Celebrations**

Try to avoid food related events in school during the month of Ramadan. Try to rearrange these for after Eid so all students can participate. Consider a school-wide celebration for Eid, for example an extended lunch with traditional foods - ask children what food they usually eat at home for Eid. Decorate the school with lanterns and Islamic art made by all students.

4) **Awareness Raising**

Make all parents and students aware that Ramadan and Eid are coming up by sharing in an upcoming newsletter with some key facts. List any community Eid celebrations at local mosques.

5) **Attendance and Sensitivities**

Discuss with families and students about allowing days off school for Eid celebrations if necessary. It is the most important time of the Islamic year and a time meant for family and community celebrations. It's also a part of students' identities. Please reference the [Equity and Inclusive Education Procedure – SO 014](#) to familiarize yourself with accommodation guidelines.

6) **Check with Parents**

It's important to check with parents before Ramadan begins to know how to support your students best.

7) **Don't Force Students to Out Themselves**

It is better not to ask if anyone is observing Ramadan. Let students take the lead on sharing their beliefs and practices. Instead, assume you do have Muslim students, and create inclusive classroom practices.

8) **Reduce Potentially Strenuous Physical Activity**

Since fasting is an important part of Ramadan, students may be experiencing low blood sugar, weakness, and other symptoms that make physical activity dangerous. Many Muslim students will ask to modify their exercise or to be excused from certain physical activities. Others will choose to participate fully in these activities. Either way, it's important to have alternative ideas for students who may need them.

9) **Teach your class about Ramadan Traditions and Islam**

People feel included when the people around them understand their lives. Ramadan is a great opportunity to teach the class about Islam and build empathy for Muslims. It is important to preview all materials before sharing with students. You may offer Muslim students the opportunity to talk about their experiences and/or incorporate learning about the history of Islam.