



EVERYTHING YOU NEED TO KNOW ABOUT RAMADAN

2026

*A toolkit for
Educators and Schools*

Ramadan Welcome Letter

Dear Principals and Teachers,

As Ramadan approaches (expected roughly Feb. 17–Mar. 18, 2026), approximately 2 billion people worldwide, and approximately 4.5 million Muslims in the U.S. will be observing this important month by fasting and will abstain from all food and drink, including water, from dawn to sunset each day of the month.

Ramadan is the ninth month of the Islamic calendar and is observed by Muslims worldwide as a period of fasting, reflection, and spiritual growth. The holiday of Eid al-Fitr, which marks the end of Ramadan, is a joyous celebration of community and gratitude, expected on Mar. 19, 2026. (Dates vary due to the lunar calendar).

To support fasting students, we kindly request:

1. PE/Gym: Allow students to opt out of strenuous activities due to lack of hydration.
2. Lunch: Provide an alternative space (e.g., library/computer lab) instead of the cafeteria. Parent/community volunteers can help supervise if needed.
3. A space where they can perform their obligatory prayer.

If helpful, a parent representative is available to share age-appropriate, culturally relevant information about Ramadan with your staff or class with your approval beforehand.

Thank you for fostering inclusivity and supporting our students during this special time.

With respect,

Muslims for Education, Resources and Initiatives for Tomorrow (MERIT)



Ramadan: A Quick Guide for Schools



What Is Ramadan?

- Ramadan is the 9th month of the Islamic (lunar) calendar.
- Muslims fast from dawn to sunset.
- It is a holy and spiritual month focused on self-improvement, empathy, kindness, fostering community and worship.

What Does Fasting Mean?

- No food or drink from sunrise to sunset (yes, not even water).
- Muslims eat:
 - Suhoor: pre-dawn meal
 - Iftar: sunset meal, often with dates and water
- Fasting is about more than food:
 - Self-control
 - Good behavior
 - Spiritual growth

What Do Muslims Do More of During Ramadan?

- Read the Qur'an (Ramadan is called the Month of the Qur'an)
- Pray more, including special night prayers (Taraweeh)
- Give charity
- Spend time with family
- Practice forgiveness and patience

What Might My Student's Day Look Like?

Morning

- Many wake up around 5:00 AM for Suhoor.
- They may go back to sleep after eating.
- Some students may feel:
 - Tired
 - Difficulty concentrating due to decrease in glucose levels used by the brain for energy.

Night

- Fast is broken at sunset.
- Dinner and prayers follow.
- Extra nightly prayers mean later bedtimes than usual.



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Why Do Muslims Fast?

Fasting is an act of worship and helps people:

- Build empathy for those who are hungry or struggling
- Practice self-control (in speech, actions, and behavior)
- Strengthen mind, body, and character

How Long Is Ramadan?

- 29 or 30 days, depending on the moon.
- Ends with a joyful holiday called Eid al-Fitr.

What Does “Ramadan Mubarak” Mean?

- It means “Blessed Ramadan.”
- Another common greeting: “Ramadan Kareem.”

Do All Muslims Have to Fast?

- Fasting is required after puberty.
- Children may fast if they choose, but it is not required.
- People who do not have to fast include those who are:
 - Sick
 - Pregnant or breastfeeding
 - Traveling
 - Elderly
 - Menstruating

What If a Fasting Child Feels Sick?

- It is okay to break the fast if they feel unwell.
- Health and safety always come first.
- Please use your discretion and support the child.

Can Students Still Do PE?

- They cannot drink water during the day.
- This can increase risk of fatigue or dehydration.
- Some students prefer normal routines; others benefit from:
 - Lighter activity
 - Indoor options during hot days



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How Can Schools Support Fasting Students?

- Avoid food-focused lessons when possible
- Offer indoor options during lunch if students prefer
- Be flexible with energy levels and participation

How Should I Treat Muslim Students During Ramadan?

Just like always — they are the same students, just fasting 😊

- Don't be shy to ask questions! Encourage students to talk about their personal experiences with fasting.
- If possible, avoid eating around students. Although class snack times and similar routines are understandable and fine.
- Use inclusive language
- If curious, try fasting for part of a day to understand the experience

Are There Mental or Emotional Benefits?

Yes. Fasting helps build:

- Patience
- Willpower
- Focus
- Time management
- Many students feel proud of their effort and more connected to their faith.



RAMADAN TIPS FOR TEACHERS

1

Wish your Muslim students a “Ramadan Kareem” or “Ramadan Mubarak” which both loosely translate to “Have a Blessed Ramadan.”

2

Read a book about Ramadan or Eid to the class

3

Incorporate it into a relevant lesson plan to educate your class on Ramadan / Eid, along with other world holidays.

