

Ensuring School Support During Ramadan: A Guide for Students and Parents/Caregivers

Advocating for yourself or your child helps ensure that schools create an inclusive and supportive environment for Muslim students. Your voice plays an important role in helping educators understand how to make your child feel safe, welcomed, and a true sense of belonging.

Clear and open communication with teachers and school administrators helps build positive relationships and fosters a better understanding of your child's needs. Working collaboratively with educators ensures that your child receives the necessary academic support while also feeling empowered in their Muslim identity.

Below are practical ways students and parents/caregivers can advocate for learning support while honoring their Muslim identity during Ramadan. Whenever possible, initiate these conversations in advance so schools can address needs proactively.

Prayers

Daily Prayers

- Speak with school administrators about designating a prayer space for Muslim students.
 - Ensure educators are aware of the importance of prayer and that students should never feel embarrassed or burdensome when requesting time for prayer.
 - Inform teachers in advance about prayer times and discuss how missed in-class work will be managed during prayer.
 - Respect prayer time and space by returning to class promptly and minimizing disruption.
 - Some schools may not have washroom facilities that fully accommodate Islamic cleansing practices. Students may bring a small water/squirt bottle for this purpose. For elementary students, parents should inform teachers why the student may carry a water bottle to the washroom.
 - If water is spilled, clean the area using paper towels or inform a teacher or administrator so custodial staff can assist.
 - Students should keep their wash bottle with them or dispose of it properly in a recycling or garbage bin when necessary.
-

Friday (Jumu'ah) Prayers

- Schools should provide space for students to perform Jumu'ah prayers where possible.
 - If you plan to sign your child out to attend Friday prayers at the mosque, discuss this in advance with the classroom teacher and school administration.
 - Develop a clear plan for completing missed work or evaluations and determine how parents will support their child in catching up.
 - Students are responsible for completing any missed assignments during their absence.
-

Eid

- Speak with teachers ahead of Eid to avoid scheduling major tests or project deadlines on Eid or the following day, allowing students to fully celebrate with family and community.
 - Communicate with administrators to ensure that major school-wide events are not scheduled on Eid, preventing Muslim students from feeling excluded.
-

Curriculum Accommodations

Music and Dance

If you prefer that your child not participate in music or dance activities during Ramadan, discuss this with the classroom teacher. You may also request a meeting with an administrator if needed. Ask about alternative assignments that can be provided.

Physical Education

Inform the teacher that the student is fasting and therefore cannot consume food or water during the day. Request lighter physical activities and rest breaks as needed. In most cases, a conversation with the teacher is sufficient; however, a formal accommodation meeting with the teacher and administrator is also an option if required.

Community Involvement

Students and parents/caregivers play a vital role in educating the school community about Islamic values and culture. Consider:

- Assisting in organizing a school community iftar
 - Offering presentations or talks for staff and students on relevant topics
 - Helping set up educational displays in schools or community centres
 - Inviting school staff to visit your mosque, attend community events, or join your family for iftar
-

By working together—students, parents, and educators—we can ensure that Ramadan is observed with dignity, understanding, and meaningful support within the school environment.