



American Muslim Advisory Council

March 3rd, 2023

Re: Accommodation Requests for Muslim Students Observing Ramadan

To Whom It May Concern,

Starting approximately Wednesday, March 22nd to Thursday, April 20th, Muslim students and staff members will be observing the Islamic holy month of Ramadan. Ramadan is a special time of increased fasting, prayer, and reflection. Unless they are sick, traveling, or menstruating, observing Muslims who have reached the age of puberty will abstain from eating and drinking from sunrise to sunset. Additionally, Muslims may engage in longer, late-night prayers after sunset and a pre-dawn meal. At the end of the month, the community celebrates with a holiday called Eid al-Fitr.

Muslim leaders are asking educators, particularly those in middle and high schools, to be aware of students' physical discomfort and fatigue. Students may be tired, hungry, and dehydrated by the end of the school day, especially during late afternoon.

We ask educators to provide reasonable physical and academic accommodations for students. In addition to [this resource](#), here are guidelines for supporting Muslim students during Ramadan:

- **Fasting for Young Children:** Children who have not reached puberty are *not* religiously required to fast but may individually choose to partake. Some younger children may fast half the day, where they do not eat breakfast but eat lunch. It is best to ask individual students how they are choosing to observe fasting, and respect the decision that the student is making.
- **Physical Activity:** Students should be allowed to forego strenuous physical activities in Physical Education classes, especially if classes are taking place outside in the sunlight, considering students will not be drinking water during the day.
- **Lunch:** Designate a place other than the cafeteria so fasting students do not have to sit next to other students that are eating. This might be a teacher's classroom, the library, etc.
- **Social-Emotional Wellbeing:** Be mindful that students that are fasting might feel left out of classroom activities or celebrations that center around food.
- **Hijab:** It is not uncommon for female students who do not normally wear hijab (a headscarf) to observe hijab only during the month of Ramadan. It is best practice to not question students publicly regarding their choice, as it is how some choose to show respect for the month.

Observing Ramadan is the First Amendment right of Muslim students and employees. We are grateful for your support in helping students to observe their religious practices. If you have any questions or concerns, please contact me at info@amactn.com or at 615-988-6460.

Thank you,

A handwritten signature in black ink, appearing to read 'Sabina Mohyuddin', written in a cursive style.

Sabina Mohyuddin
Executive Director, American Muslim Advisory Council