



# Ramadan

*What is Ramadan and how can you support students during Ramadan*

By: Zahraa Dean



# Acknowledgment

Last year for Ramadan 2022, I created an informative introductory presentation on Ramadan. This year I wanted to take my work further by being more specific on what Ramadan means to Muslims and what we can genuinely do as Educators or peers to understand those who observe fasts. I want to thank my family, especially my mom Shabina Khan-Dean, my sisters, Zainab Dean and Zakiyyah Dean and my brother Aasim Dean, for supporting me and giving me such unique ideas re-constructing this informative PowerPoint on Ramadan to educate our non-muslim friends, on the month of compassion.

I would also like to thank Surrey Schools and the Communications Officer of Surrey Schools, Jacob Zinn, who took the time to interview me on this story and work so hard to share it with our district in helping our educators to use this educational tool to enlighten ourself on Ramadan and become mindful and sensitive to the practising students we interact with as Educators.



# What is Ramadan?

Ramadan is the 9th month of the Islamic calendar, during which fasting is observed from sunrise to sunset by Muslims worldwide

# Keywords

- ◆ **Ramadan**(raa-muh-daan): Islamic Month of fasting
- ◆ **Suhoor** (su-hoor): The meal eaten before sunrise followed by Fajr prayer
- ◆ **Salah** (sa-laah): Prayer (Fajr, Duhur, Asr, Maghrib, Isha)
- ◆ **Iftaar** (if-thaar): The meal eaten at sunset when breaking your fast followed by Maghrib prayer
- ◆ **Tarawih** (tha-raa-weeh): A prayer that takes place after Isha prayer at the masjid which involves reading long portions of the Quran
- ◆ **Laylat-al-Qadr** (Night of power): The exact date of laylat-al-qadr is unspecified but is believed to occur on the 27th night or one of the odd-numbered nights during the final ten days of the month. It is the holiest night of Ramadan, as the first verses of the Quran were revealed to Prophet Muhammed (Peace Be Upon Him) on this night.

# Ramadan Timetable 2023



## The BC Muslim Association

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### RAMADAN TIMETABLE 2023 (AH 1444)



Zakat Al-Fitr



RAMADAN	DAYS	DATE	SUHOOR ENDS FAJR BEGINS	SUNRISE AM	ZAWAL <i>Prohibited Time</i>	DHUHR	ASR 1	ASR 2	MAGHRIB <i>IFTAR</i> PM	ISHA PM
<b>MARCH</b>										
1*	WED	22	5:20	7:09	1:22	1:29	4:42	5:33	7:32	8:57
2	THU	23	5:17	7:06	1:21	1:28	4:43	5:34	7:34	8:59
3	FRI	24	5:15	7:04	1:21	1:28	4:43	5:35	7:35	9:01
4	SAT	25	5:13	7:02	1:21	1:28	4:44	5:36	7:37	9:03
5	SUN	26	5:10	7:00	1:20	1:27	4:45	5:37	7:38	9:04
6	MON	27	5:08	6:58	1:20	1:27	4:46	5:39	7:40	9:06
7	TUE	28	5:05	6:56	1:20	1:27	4:47	5:40	7:41	9:08
8	WED	29	5:03	6:54	1:19	1:26	4:48	5:41	7:43	9:10
9	THUR	30	5:00	6:52	1:19	1:26	4:48	5:42	7:45	9:11
10	FRI	31	4:57	6:50	1:19	1:26	4:49	5:43	7:46	9:13
<b>APRIL</b>										
11	SAT	1	4:55	6:47	1:18	1:25	4:50	5:44	7:48	9:15
12	SUN	2	4:52	6:45	1:18	1:25	4:51	5:45	7:49	9:17
13	MON	3	4:50	6:43	1:18	1:25	4:52	5:46	7:51	9:19
14	TUE	4	4:47	6:41	1:18	1:25	4:52	5:47	7:52	9:21
15	WED	5	4:45	6:39	1:17	1:24	4:53	5:48	7:54	9:23
16	THUR	6	4:42	6:37	1:17	1:24	4:54	5:50	7:55	9:24
17	FRI	7	4:39	6:35	1:17	1:24	4:54	5:51	7:57	9:26
18	SAT	8	4:37	6:33	1:16	1:23	4:55	5:52	7:58	9:28
19	SUN	9	4:34	6:31	1:16	1:23	4:56	5:53	8:00	9:30
20	MON	10	4:31	6:29	1:16	1:23	4:57	5:54	8:01	9:32
21	TUE	11	4:29	6:27	1:16	1:23	4:57	5:55	8:03	9:34
22	WED	12	4:26	6:25	1:15	1:22	4:58	5:56	8:04	9:36
23	THU	13	4:23	6:23	1:15	1:22	4:59	5:57	8:06	9:38
24	FRI	14	4:21	6:21	1:15	1:22	4:59	5:58	8:07	9:40
25	SAT	15	4:18	6:19	1:15	1:22	5:00	5:59	8:09	9:42
26	SUN	16	4:15	6:17	1:14	1:21	5:01	6:00	8:10	9:44
27	MON	17	4:12	6:15	1:14	1:21	5:01	6:01	8:12	9:46
28	TUE	18	4:09	6:13	1:14	1:21	5:02	6:02	8:13	9:48
29	WED	19	4:06	6:11	1:14	1:21	5:03	6:03	8:15	9:50
30*	THU	20	4:03	6:09	1:14	1:21	5:03	6:04	8:16	9:52
30/1	FRI	21	4:01	6:07	1:13	1:20	5:04	6:05	8:18	9:54
X	FRI/SAT	<b>1<sup>ST</sup> SHAWWAL 1444 AH EID-UL-FITR 2023</b>								

\* Fajr time has been calculated at 18 degrees and Isha at 15 degrees, as agreed upon by the Imams of the BCMA and Sharia Council of B.C.

\* Beginning of Ramadan and 1<sup>st</sup> Shawwal/Eidul-Fitr will be decided as per the BCMA Verified Global Moon Sighting policy.

\* The timings mentioned above indicate the beginning of each salah time.



# When is Ramadan?

The beginning and end of Ramadan are determined by the sighting of the crescent moon. This year, Ramadan will commence on Thursday March 23, 2023.

## 5 PILLARS OF ISLAM



# Why do muslims fast?

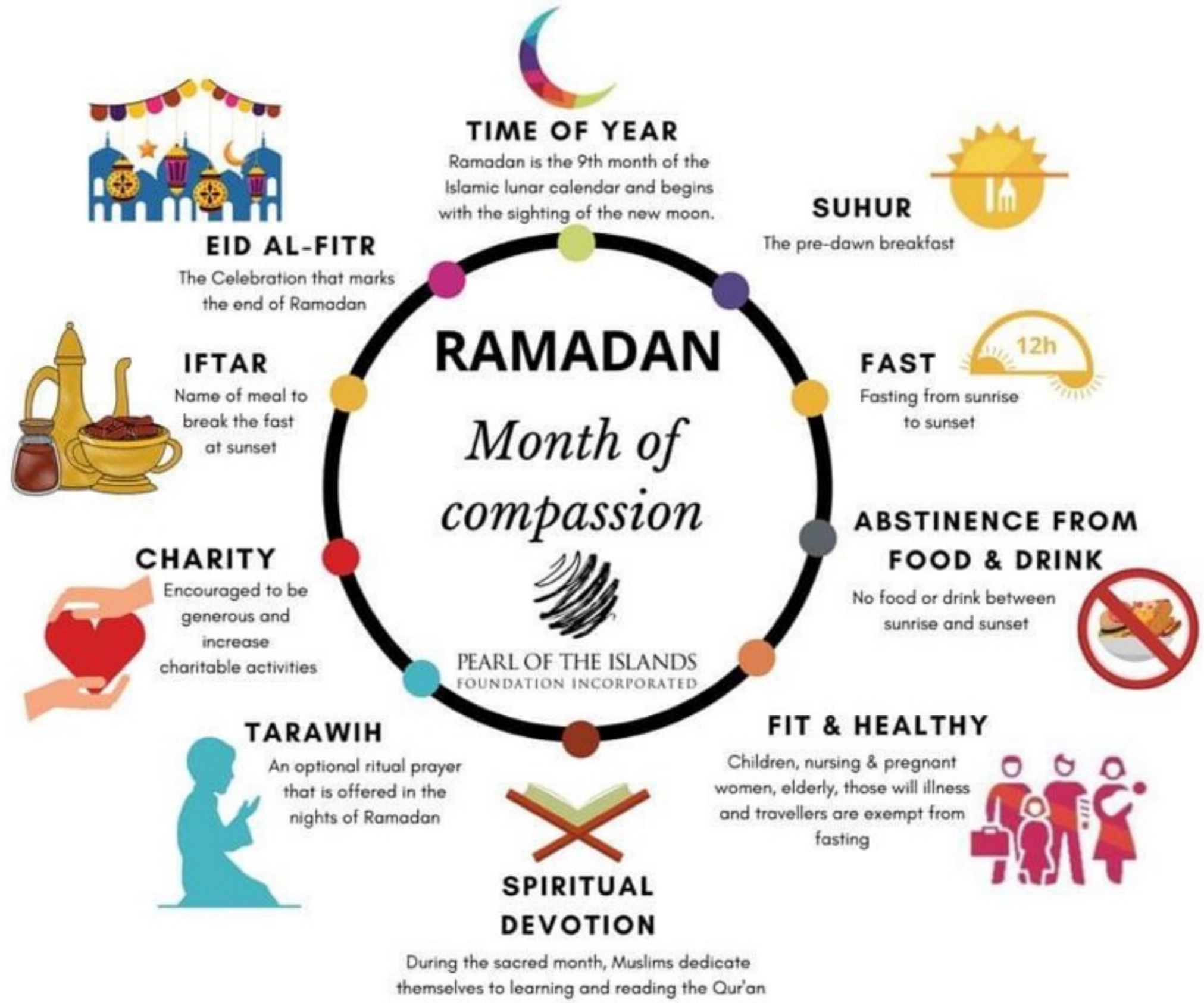
Fasting is one of the five obligatory pillars in Islam. Pillars of Islam are fundamental practices in Islam considered to be obligatory acts of worship for all Muslims.



# What is the significance of Ramadan?

It is the month in which the first verses of the Quran, Muslim's holy book, was revealed to Prophet Muhammad (Peace Be Upon Him).





# How can you be supportive?

- ◆ **Understanding:** One of the vital pillars in creating a safe environment for Muslim students during Ramadan is to Educate oneself on the month
- ◆ Many teachers and classmates do not understand why Muslims fast
- ◆ It's essential to try to form your understanding of the month and **not rely on Muslim students to educate the class.**

(Alrubail, 2019)



# Understanding...

- ◆ During Ramadan, you may see people dressed more modestly; this may look like longer clothes, women wearing hijabs, and men wearing Topi (hats)
- ◆ Pointing these changes out to a student may make them feel uncomfortable. E.g. telling them they look better or younger without a hijab is not a compliment
- ◆ Lunchtime supervisors and Lunch monitors: be mindful that fasting students do not eat during lunchtime. Do not penalize or ask "why are you not eating?"
- ◆ During Ramadan, you might see that some people are eating as some people are exempt due to travelling, pregnancy, menstruation, or other medical reasons. Please do not question a person, "why are you not fasting?" as sometimes its personal and can cause one to feel uncomfortable



# How can you be supportive?

- ◆ **Space:** Lunchtime is one of the most challenging periods to endure while fasting
- ◆ Hunger often worsens when you're in a room full of people eating
- ◆ It might help to have a comfortable space for Muslim students to go instead of the designated lunch area
- ◆ This room can be a space for fasting students to get some downtime, pray, and do other things to keep themselves busy
- ◆ It is up to the student if they choose to go there or not, but having that as an option is beneficial

(Alrubail, 2019)



# Salah at School

- ◆ During the month of Ramadan, students / staff are steadfast with their salah (prayer); therefore, allow them to leave for prayer promptly
- ◆ When allocating space for prayer, the area must be clean, and people are not walking in front of them as they pray
- ◆ The second prayer Dhuhr takes place during school hours (see time table for exact time in previous slides)



# How can you be supportive?

- ◆ **Physical Education/Foods:** It is within student's rights to practise their religion while having the necessary conditions for them to succeed and achieve their best potential
- ◆ Teachers can make accommodations for practising students, such as assigning a different task / project for students to complete that does not require any strenuous work while they're fasting.
- ◆ e.g., for PE, walking around the school instead of running or for foods class, creating an alternative task instead of participating in a foods lab etc.

(Alrubail, 2019)



# How can you be supportive?

- ◆ **Empathy:** having empathy requires one to understand the other person's situation and feelings truly
- ◆ When planning school activities and events, think about how it will affect practising Muslim students  
Will they feel left out?



(Alrubail, 2019)



“If students have the right accommodations and support from teachers and their peers, it can turn a challenging month into the most rewarding.”

*-Rasul Alrubail*

(Alrubail, 2019)



Ramadan Mubarak!

*–Zahraa Dean  
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