



Ramadan

Understanding Ramadan & How to Support The School Community

Presented By Zahraa Dean

Land Acknowledgement

I would like to acknowledge that our district is on the shared, unceded, traditional territory of the Katzie, the Semiahmoo, the Kwantlen and other Coast Salish Peoples, and I honour their stewardship of this land. As Ramadan is observed, I also appreciate the freedom to practice my faith on this land, which I do with gratitude and respect for its original inhabitants




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): 9th Islamic Month of fasting
- **Suhoor** (su-hoor): The meal eaten before sunrise followed by Fajr prayer
- **Iftaar** (if-thaar): The meal eaten at sunset when breaking your fast followed by Maghrib prayer
- **Salah** (sa-laah): Prayer (5 x a day: Fajr, Duhur, Asr, Maghrib, Isha)
- **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** (lay-lath-ul-kad-ar): Translates to 'The Night of Power' which 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. The exact date of laylat-al-qadr is unspecified but it is believed to occur on the 27th night or one of the odd-numbered nights during the final ten days of the month.

Ramadan Timetable 2025



The BC Muslim Association
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 Phone: (604) 270-2522 Email: info@thebcma.com

RAMADAN TIMETABLE 2025 (AH 1446)

RAMADAN	DAYS	DATE	SUHOOR ENDS FAJR BEGINS	SUNRISE AM	ZAWAL Prohibited Time 4min	DHUHR	ASR 1	ASR 2	MAGHRIB IFTAR PM	ISHA PM
30 Sha'ban 1st Day of Ramadan										
	SAT	1	5:06	6:52	12:23	12:27	3:21	4:06	5:59	7:23
	SUN	2	5:04	6:50	12:23	12:27	3:22	4:07	6:00	7:25
	MON	3	5:02	6:48	12:23	12:27	3:23	4:08	6:02	7:26
	TUE	4	5:00	6:46	12:22	12:26	3:24	4:10	6:04	7:28
	WED	5	4:58	6:44	12:22	12:26	3:25	4:11	6:05	7:29
	THUR	6	4:56	6:42	12:22	12:26	3:26	4:13	6:07	7:31
	FRI	7	4:54	6:40	12:22	12:26	3:27	4:14	6:08	7:33
	SAT	8	4:52	6:38	12:21	12:25	3:28	4:15	6:10	7:34
	SUN	9	4:50	6:36	1:21	01:25	4:29	5:17	7:11	8:36
	MON	10	5:48	7:34	1:21	1:25	4:30	5:18	7:13	8:37
	TUE	11	5:45	7:32	1:21	1:25	4:31	5:19	7:15	8:39
	WED	12	5:43	7:30	1:20	1:24	4:32	5:20	7:16	8:41
	THUR	13	5:41	7:28	1:20	1:24	4:33	5:22	7:18	8:42
	FRI	14	5:39	7:25	1:20	1:24	4:34	5:23	7:19	8:44
	SAT	15	5:36	7:23	1:20	1:24	4:35	5:24	7:21	8:46
	SUN	16	5:34	7:21	1:19	1:23	4:36	5:25	7:22	8:47
	MON	17	5:32	7:19	1:19	1:23	4:37	5:27	7:24	8:49
	TUE	18	5:29	7:17	1:19	1:23	4:38	5:28	7:25	8:51
	WED	19	5:27	7:15	1:18	1:22	4:39	5:29	7:27	8:52
	THUR	20	5:25	7:13	1:18	1:22	4:40	5:30	7:28	8:54
	FRI	21	5:22	7:11	1:18	1:22	4:41	5:32	7:30	8:56
	SAT	22	5:20	7:08	1:18	1:22	4:42	5:33	7:32	8:57
	SUN	23	5:17	7:06	1:17	1:21	4:43	5:34	7:33	8:59
	MON	24	5:15	7:04	1:17	1:21	4:43	5:35	7:35	9:01
	TUE	25	5:13	7:02	1:17	1:21	4:44	5:36	7:36	9:03
	WED	26	5:10	7:00	1:16	1:20	4:45	5:37	7:38	9:04
	THUR	27	5:08	6:58	1:16	1:20	4:46	5:39	7:39	9:06
	FRI	28	5:05	6:56	1:16	1:20	4:47	5:40	7:41	9:08
	SAT	29	5:03	6:54	1:15	1:19	4:48	5:41	7:42	9:10
	SUN	30	5:00	6:52	1:15	1:19	4:48	5:42	7:44	9:11
	MON	31	4:57	6:49	1:15	1:19	4:49	5:43	7:45	9:13

1st SHAWWAL 1446 AH EID-UL-FITR 2025

* If the time has been calculated at 18 degrees and 15 at 15 degrees, as agreed upon by the means of the BCMA and State Council of I.C.
 * Beginning of Ramadan and 17 Sha'wan/28th will be decided after the ECMA verified moon sightings panel.
 * The timings mentioned above indicate the beginning of each sahn time.

في شهر رمضان المبارك، يجب الصيام من الفجر إلى الغروب.

As the Sun on the horizon sets or rises, the time for the fast begins. The time for the fast begins when the sun is visible, and the sunset is confirmed, both sides.

صيام شهر رمضان المبارك يبدأ مع الفجر وينتهي مع الغروب.

* Ramadan has been calculated for the entire province.
 * All dates have been calculated for the entire province.

RAMADAN QURAN
 The Holy Quran (Surahs) is reported to have been revealed (Jahil) in the last 11 days of Ramadan: 12, 13, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31.

FOR TRANSLATION, SALAH AND FURTHER INFORMATION CONTACT:

BCMA Info: info@thebcma.com	(604) 270-2522	Surrey Islamic Centre - Cherry Hill	(604) 276-7834
Richmond Islamic Centre (Richmond)	(604) 271-7066	Mirabel of Hope - (Downtown)	(604) 671-2167
Mirabel Islamic Centre (Vancouver)	(604) 274-4439	Mirabel Islamic Centre (Richmond)	(604) 271-2814
Mirabel Islamic Centre (Burnaby)	(604) 271-1210	Prince George Islamic & Ed. Centre	(250) 544-9210
Mirabel Islamic Centre (Surrey)	(604) 274-3474	Mirabel Islamic Centre (Whitehorse)	(867) 541-2017
Mirabel Islamic Centre (Delta)	(604) 271-1210	Mirabel Islamic Centre (Yellowknife)	(867) 541-2017
Chilliwack Islamic Centre	(604) 701-0514	Peace Hills Islamic Centre	(250) 248-2568
Langley Islamic Centre	(604) 701-0514	Peace Hills Islamic Centre	(250) 248-2568
Kelowna Islamic Centre	(604) 864-2246	Delta Islamic Centre	(604) 461-2895

NOTE: THE ABOVE TIMES ARE FOR THE LOWER MAINLAND AREA ONLY. FOR OTHER AREAS:

Vancouver area: Central ADD 4 minutes
 Burnaby and Coquitlam: ADD 5 minutes
 Central: ADD 10 minutes. Powell River: ADD 9 minutes
 Nanaimo: ADD 10 minutes. Victoria: ADD 10 minutes
 Kamloops: ADD 10 minutes
 Courtenay: ADD 10 minutes
 Port Moody: ADD 10 minutes
 Chilliwack: MINUS 1 hour 27 minutes. Chilliwack: MINUS 8 minutes.
 Upper Peace, Fort St. John: MINUS 10 minutes.

RAMADAN and EID-UL-FITR ARE OBSERVED BY ALL

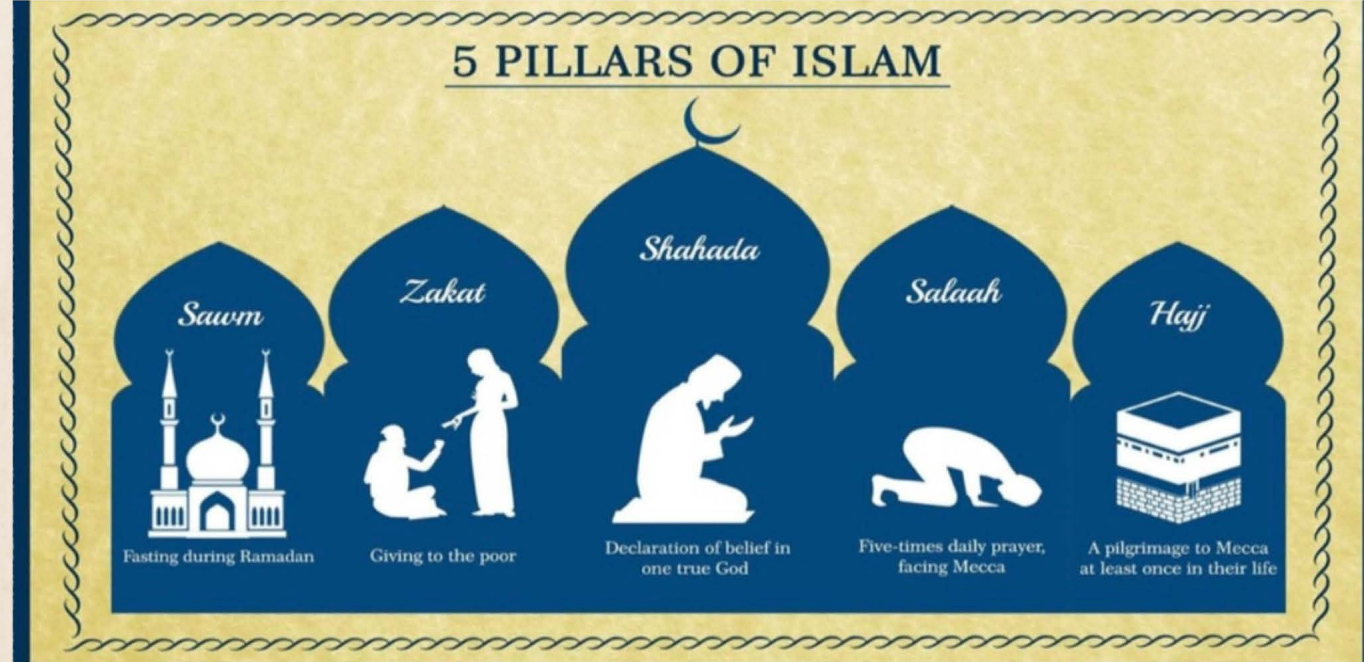
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Timings may vary slightly depending on different interpretations and local moon sightings



When is Ramadan?

The beginning and end of Ramadan are determined by the sighting of the crescent moon. In 2025, Ramadan is expected to commence around Saturday, March 1, but the exact date may vary based on moon sightings



Why do muslims fast?

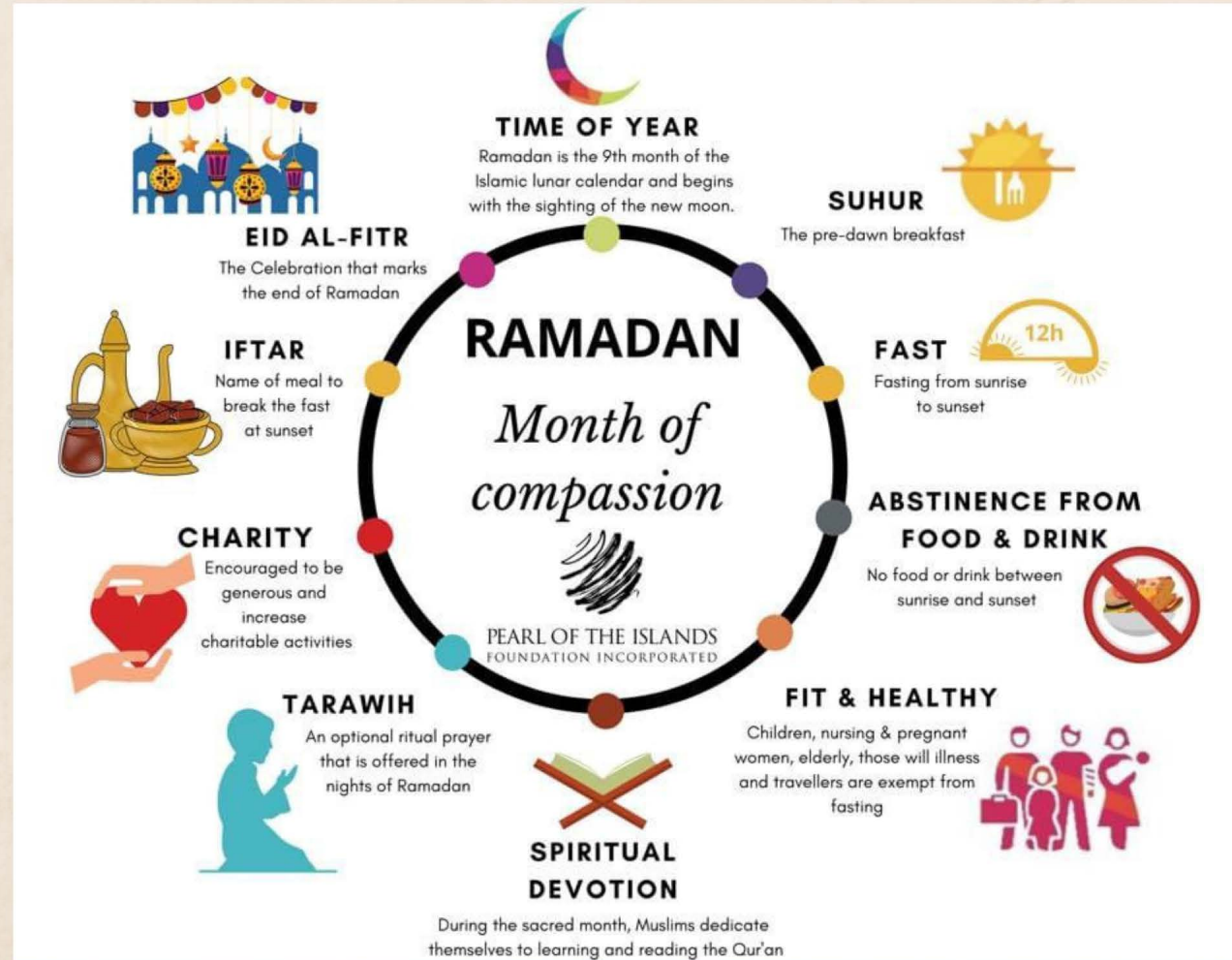
Fasting is one of the five obligatory pillars in Islam. Pillars of Islam are fundamental practices in Islam considered to be obligatory acts of worship for all Muslims



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)

Ramadan at a Glance



Islamic Dress Code During Ramadan

- During Ramadan, many people choose to dress more modestly, which may include wearing longer or looser clothing.
- Women may wear a hijab, niqab, burka, or abaya, while men may wear a topi (hat) or thobe
- Commenting on someone's attire can be uncomfortable. For example, saying, "You look better without a hijab" is not a compliment, it can feel invalidating and disrespectful.
- It is important to note that not everyone will wear Islamic attire, and that is okay. Everyone's journey is personal and solely between them and God.



Salah

- During Ramadan, many students and staff are steadfast in observing their **Salah** (prayers). Please allow them to leave promptly for prayer when needed.
- When allocating a space for prayer, it should be **clean, quiet, and free from disruptions**. People should avoid walking in front of those praying as it is considered disrespectful in Islam.
- The **Dhuhr prayer** (the second of the five daily prayers) takes place during school hours. Please refer to the **Ramadan timetable** in the previous slides for the exact time.



Exemptions from Fasting

- During Ramadan, some practicing individuals may eat or drink during the day because they are **exempt from fasting**.
- **Please avoid asking**, “Why are you not fasting?” as it can be personal and may cause discomfort.
- Fasting exemptions apply to:
 - **Menstruating individuals**
 - **Pregnant and nursing women**
 - **Elderly individuals**
 - **Travelers**
 - **Children**
 - **Those with medical conditions**



What NOT to Say to Someone Fasting

Examples of **insensitive comments** and why they might be uncomfortable:

- “Not even water?”
- “I could never do that!”
- “You must be starving!”
- “You don’t look Muslim, why are you fasting?”

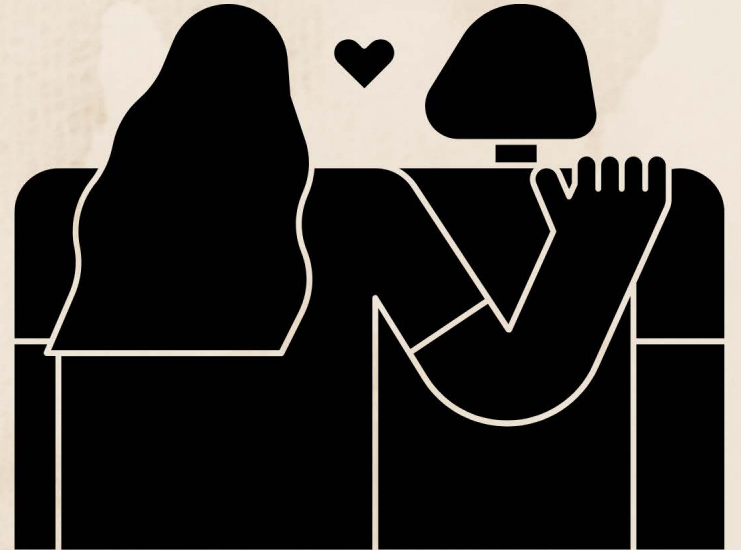



**NO, NOT EVEN
WATER**
#ramadan

How can you be supportive?

Understanding

- One of the most important ways to create a safe and inclusive environment for Muslim students during Ramadan is by educating yourself about the month.
- Many teachers and classmates may not fully understand why Muslims fast.
- It's essential to build your own understanding rather than relying on Muslim students to explain Ramadan to the class.



How can you be supportive?

Space

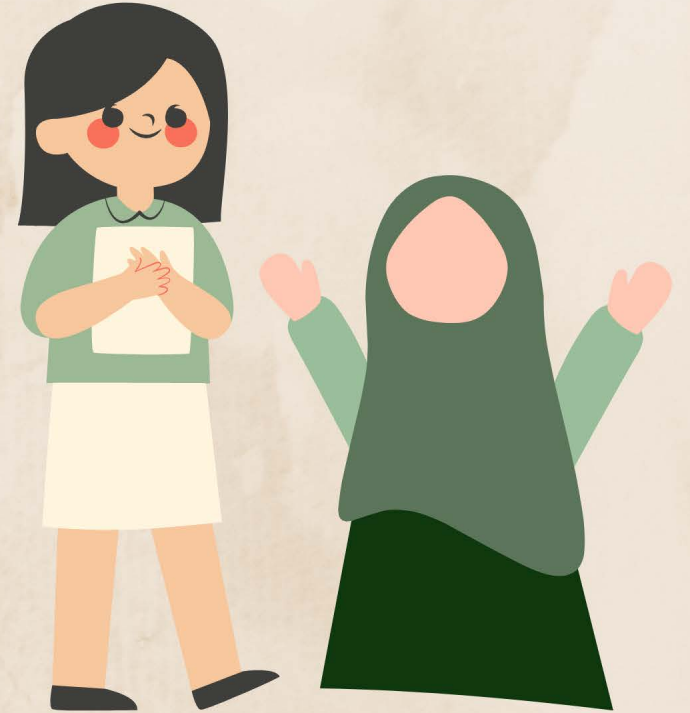
- Lunchtime can be particularly challenging for fasting students, as hunger may intensify when surrounded by others eating.
- **Lunch monitors/supervisors:** Be mindful that fasting students do not eat or drink during lunch. Avoid penalizing them or asking, “Why are you not eating?”
- Providing an **alternative space** for fasting students can be beneficial. This space can serve as a quiet area for resting, praying, or engaging in other activities to pass the time.
- **Participation is optional**, but having this space available ensures students have a supportive environment.



How can you be supportive?

Accommodations

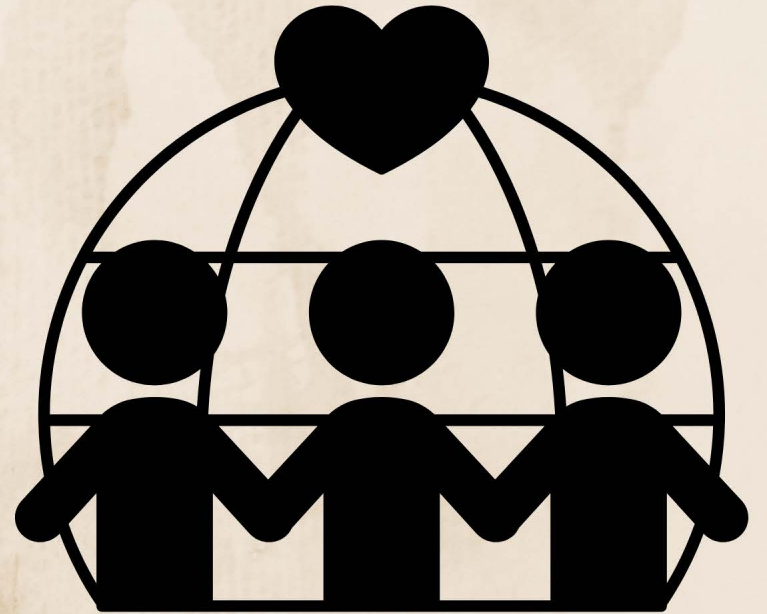
- Practicing one's religion while having the necessary conditions to succeed academically is a fundamental right.
- Teachers can offer **accommodations** to support fasting students, such as:
 - **Physical Education (PE):** Allowing students to walk instead of engaging in strenuous activities.
 - **Foods Class:** Providing an alternative task instead of requiring participation in a food lab.
- Accommodations should be **optional**, allowing students to choose what best suits their needs.



How can you be supportive?

Empathy


- True empathy involves **understanding and acknowledging** the experiences of others.
- When planning school activities and events, consider their impact on practicing students.
 - **Will anyone feel left out?**
 - **What steps can you take to make activities more inclusive?**
 - **How can you better support your school community?**
- Small adjustments and awareness can make a **meaningful difference** in fostering inclusivity and respect.



“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

Bridging Education & Inclusivity



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🌟 My name is Zahraa Dean, and I'm currently a student teacher in the PDP program at Simon Fraser University while on education leave from my role as an Inclusive Education Support Worker (IESW) with Surrey Schools.

🌙 As a practicing Muslim, I am passionate about fostering inclusivity and ensuring that all students feel supported in their learning environments.

🙏 I hope this resource has provided valuable insight into Ramadan and how we can collectively create a more welcoming and understanding school community for those observing it.