

**Advice for Ramadan 2025**

This year Ramadan will begin on or around the Friday 28th February 2025 and ends on or around Sun 30th March 2025 with the celebration of Eid al-Fitr. These are tentative dates as the actual date of commencement of **Ramadan 2025** is subject to the sighting of the new moon.

It is important to understand the positive aspects of this month for Muslims – both children and adults. Ramadhan is anticipated with enormous excitement, and the experience enjoyed by young and old. The month provides encouragement to uphold good character and to strengthen spiritual development and one’s relationship with God (Allah). It is also a time for increased social responsibility, for empathy with, and giving to the poor and needy.

During Ramadhan, adult Muslims are required to fast during the hours of daylight, though there are some permitted exceptions. This involves abstaining from food and drink, including water. Fasting is an act of worship and is a special opportunity for Muslims to reinvigorate their faith by making extra efforts towards piety and Taqwa (God-consciousness) – “to recharge their spiritual batteries”.

**Ramadan and school provision**

Schools can help support the students who are fasting by making slight adjustments.

* For example tweaking lessons to enable them not to be very strenuous for the students. Lessons like PE can take a light touch in order to avoid the student becoming thirsty.
* If possible provide a quiet space for them to relax during lunch time.
* Peers should be mindful when eating or drinking near the fasting students.
* Check whether it’s best to hold learning or revision lessons in the mornings or afternoons.
* Consider putting a bag together for fasting pupils who receive free school means to take home.
* Inform fasting pupils of the allowances Islam gives them for breaking their fast – for example, making it up later if fasting jeopardises their welfare or performance at school.
* Schools can intervene by giving pupils water or a small piece of fruit if there are concerns for pupils welfare or safety.

**Who should be fasting?**

The debate of the age of fasting is ongoing even amongst the religious leaders and the best way to approach is the age of puberty. For some this might be 9 for girls and 14 for boys, whilst others may be different.

For some children they would like to be part of the experience of fasting and so may take up fasting before they have reached puberty. This may be for just part of the day or at weekends when they are under the supervision of parents. This is entirely a decision taken up within the family.

It is important that schools are made aware of who is fasting by the parents.

Schools need to be aware that breaking the fast before the correct time may be regarded as being worse than not fasting at all. Schools should not encourage children to break their fast early unless it is for serious health and safety reasons.

**Exemptions on fasting**

There are certain circumstances and conditions in which Muslims are exempt from fasting. These include menstruation, those for whom fasting is likely to have a detrimental effect on health and physical wellbeing and those who cannot survive without taking medication or nourishment e.g. diabetics. Those travelling on long and difficult journeys may not fast if it is likely to cause undue hardship. If fasting days are not completed, then they would have to be made up at later date.

Eid-al-Fitr is the festival at the end of Ramadan and celebrates the ending of the month of fasting. The festival in 2025 will take place either on or around the evening of Sunday 30th March and Monday 31st march 2025. This is a significant religious festival for Muslims across the world. Muslims celebrate by dressing in their finest clothes, gathering for a special congregational Eid prayer, and greet each other with the greeting “Eid Mubarak”, (“Eid blessings”). During Eid, they will also visit their relatives, share meals and give gifts. It is a special occasion for children, who will be treated with new clothes and gifts. Parents may request a day of authorised absence for Religious Observance and this should be authorised.