

# Ramadan During School Year

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# What is Ramadan?

- ❑ Ramadan is the ninth month of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting.
- ❑ It is considered a holy month Not an Islamic holiday.
- ❑ Ramadan is the month in which Quran( Muslim's Holy Book) was first revealed
- ❑ In Ramadan Muslims usually focus on prayers, fasting, giving charity, religious devotion, and extra worship.
- ❑ Ramadan is considered one of the highest communal time for Muslims during every year.( Gathering, Going to mosques, visitations, community services )

# How Muslims Fast?

- ❑ Muslims abstain from eating and drinking from dawn to dusk every day for the entire month of Ramadan (30 days).
- ❑ However, young children, pregnant women, sick Muslims or Muslims on medications, or travelling are exempt from fasting.

# Why Muslims Fast in Ramadan?

- ❑ **Fasting Ramadan** is one of the five pillars of Islam
- ❑ **Fasting** is an exercise in self-control, regulations and feeling the poor
- ❑ Muslims believe that Fasting is a way to physically and spiritually purify oneself.
- ❑ Ramadan is a very spiritual time for Muslims, and often they invite each other to one another's homes to break the fast and pray together. A greater sense of generosity and forgiveness is one of the characteristic of this month.
- ❑ This year , the first day of Ramadan will be around 4/2

# Eid El Fitr

- ❑ At the end of Ramadan, Muslims celebrate one of their major holidays called Eid al-Fitr or the “Festival of the Breaking of the Fast
- ❑ Children traditionally receive new clothes, money or gifts from parents, relatives and friends.
- ❑ A special prayer is held the morning of Eid day, followed by a community celebration usually in a park or large hall with variety of activities.
- ❑ In 2022 the holiday will be held on May 3. In fact Cambridge Public schools is only district in MA that takes this day off .

# Recommendations and Accommodations

- ❑ Announce Ramadan in your weekly update, school newsletter, Advisory announcements with a brief explanation about the month
- ❑ Greet Muslim students with “ Ramadan Mubarak ” at the beginning of the month
- ❑ Recommended HW duration : 30 min a day not more. Please, no HW over the weekend.
- ❑ Positively encourage Muslim students to work hard and meet the expectations all the time. Fasting Ramadan is not an excuse for less effort.
- ❑ Lunch/recess time and PE accommodations: plan with your team.

# CPSD

## Accommodating Muslim Students, staff and families

Here is some most recent information

A Space To Pray		A Space To Pray	
SCHOOL	STUDENTS	STAFF	A PLACE TO SPEND LUNCH
Amigos	Room 002	Room 002	No space available in building
Baldwin	Spaces available depending on the day, families who reach out would be given a schedule of spaces in advance.	Spaces available depending on the day, families who reach out would be given a schedule of spaces in advance.	Library, Main Office, Classrooms: Please check with teachers/staff to make a plan and we will accommodate.
Cambridgeport	Principals Office	Parent Conference Room	Principals Office
Fletcher Maynard	Spaces available depending on the day, families who reach out would be given a schedule of spaces in advance.	Spaces available depending on the day including after school room, book room, offices.	Library, Main Office, Classrooms: Please check with teachers/staff to make a plan and we will accommodate.
Graham & Parks	Auditorium, will need to confirm adult coverage of students	Auditorium	Library or Conference Room
Haggerty	Multi-Purpose Room, will need to confirm adult coverage of students	AP's office where there's a secondary office space and a rug	Conference Room, will need to confirm adult coverage of students
Kennedy-Longfellow	Activity Room	Activity Room	Library or Activity Room
King	Conference Room	Conference Room	Conference Room
King Open	Room 4410	Room 4410	Library
Morse	Get Well Room	Get Well Room	Conference Room
Peabody	Principal's and Assistant Principal's Offices	Wellness Room	Library
Cambridge Street	Bandroom	Bandroom	Bandroom
Putnam Avenue	Small Conference Room on 3rd floor	Small Conference Room on 3rd floor & Groundfloor staff room	Main office conference room, Individual classrooms with teacher supervision, Library, Mainfloor hallway conference room
Rindge Avenue	Designated Open Classroom, depends on size of needed space	Designated Open Classroom, depends on size of needed space	Auditorium or Gym if they are not praying in the classroom during their grades lunch time
Vassal Lane	Designated Open Classroom, depends on size of needed space	Designated Open Classroom, depends on size of needed space	Open Classroom Spaces, Grade 6 Math classroom, Grade 7 and 8 SS classrooms
CRLS Extension	Security Space	Security Space	Main Office
CRLS Arts Building	Room 3616	Room 3616	N/A
CRLS Rindge Building	International Center (2nd Floor), Room 241 (2nd Floor), Learning Community C Office Suite (4th Floor)	International Center (2nd Floor), Room 241 (2nd Floor), Learning Community C Office Suite (4th Floor)	N/A

# CPSD Accommodating Muslim Students

Here is some most recent information



The poster features a large, intricate orange and white mandala in the center. Above the mandala, the text 'CPS Families!' is written in a bold, dark blue font. Below the mandala, the text 'Want a meal sent home for later during Ramadan?' is written in a bold, dark blue font. At the bottom, the text 'Sign up for Ramadan Take Home Meals:' is written in a bold, dark blue font. To the right of this text is a QR code with the words 'SCAN ME' below it. At the very bottom, there is contact information for the Muslim Affinity Committee, CPS Family Engagement Office, including a phone number. The poster is decorated with hanging lanterns in the top corners and gold stars at the bottom.

 CAMBRIDGE  
PUBLIC SCHOOLS

**CPS Families!**

**Want a meal sent  
home for later  
during Ramadan?**

**Sign up for Ramadan  
Take Home Meals:**

Any questions please call:  
Muslim Affinity Committee, CPS Family Engagement Office  
**617-349-7817**

  
**SCAN ME**



# Connecting - Feedback

Please connect with me if you have any further questions , wonders or comments

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