



Ramadan Information Sheet

for

Educators

2025 Ramadan Calendar

March 1, 2025 - First day of fasting

March 29, 2025 - Last day of fasting

March 30, 2025 - Eid ul Fitr

These dates follow a lunar calendar. Some communities rely on moon sighting to determine the start of Ramadan, while others use astronomical calculations, causing dates to vary slightly.

Some Helpful Tips

(These apply to some not all students)

Students may want to avoid the lunchroom during lunch. Allow them to go to the library or another public space.

Students may ask for a private area to pray (noon prayer).

Sports or exercise, especially outdoors, can be difficult for young people while fasting. Allow them to stay indoors during P. E. and avoid anything strenuous for the month.

Fasting may cause students to feel tired or lose energy during the last couple of periods in a school day. Let their parents know so they can adjust what their child eats.

If possible, avoid scheduling standardized testing during Ramadan and Eid.

About Ramadan

Ramadan is the ninth month in the Muslim lunar calendar.

During this month, Muslims fast from dawn until sunset, abstaining from food and drink during daylight hours. While children are not required to fast until they reach puberty, some may choose to participate in the fast..

In addition to fasting, Muslims engage in various communal activities such as gathering to break the fast, providing meals to those in need, and performing extra night-time prayers.

The day following Ramadan is a holiday for Muslims, Eid-ul-Fitr (Festival of Breaking the Fast). It is one of the two most important holidays for Muslims.

For more information

or to schedule a presentation on Ramadan, please contact the Islamic Speakers Bureau of Arizona at info@isb-az.org