



# Ramadan Information Sheet

for

## Educators

### 2026 Ramadan Calendar

February 19, 2026 - First day of fasting

March 19, 2026 - Last day of fasting

March 20, 2026 - Eid ul Fitr

### 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 they child eats.

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

### About Ramadan

Ramadan is the ninth month in the Muslim lunar calendar.

Muslims fast from dawn until sunset, for this month. This means no food or drink during daylight hours. Although children are not required to fast until they reach puberty, some do try.

Other than fasting, Muslims also engage in community gatherings for breaking the fast, providing meals to communities in need, and extra night-time prayers.

The day after Ramadan is a holiday for Muslims. Eid-ul-Fitr (Festival of Breaking the Fast) is the first of two significant 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](mailto:info@isb-az.org)