For one prominent Islamic philosopher’s reflections on the purpose of the Muslim fast, see [this useful article](#).

For some of the basic ground rules on fasting, according to one influential school of thought, see [this useful document](#).

For a nice translation of the thought’s of one of Islam’s most famous theologians, al-Ghazālī, see [this piece](#).

For a demographic snapshot of the Bay Area Muslim community, see [here](#).

For a nice gallery of photographs of Ramadan celebrations around the globe, see [this useful piece by CNN](#).

For a useful blog post about one Muslim’s reflections on the wisdom of Ramadan, see [this](#). There are so many such reflections on the web, a simple google search will reveal the diversity and richness of Muslim thought on this important practice. Another useful editorial published in Australia’s major news source is [the following](#).

If you’re more of a video person, see [this useful episode](#) of a journalist observing the fast with a Muslim family for 29 days. [Here’s a great video](#) describing five typical Ramadan fast-breaking meals from around the world.

If you're looking for more information about Ramadan, and possible employee/student accommodations, here's [a brief presentation](#) from a local educational organization, ING.

Below is a fun infographic about accommodating students in Ramadan:
Accommodating Muslim Students During Ramadan

Happy Ramadan!

Amanda: Acknowledge the month of Ramadan is coming up.

If students are young, reach out to parents to wish them a Happy Ramadan & see if their kids are planning to fast.

Gym class will be challenging. Don’t require them to run the mile if they’re fasting.

Low impact physical activity is good.

Keep in mind that outdoor gym is even more challenging. It’s hot. Remember even water!

Talk to the student and see what they’re comfortable with.

For various reasons, some Muslim students won’t fast.

DON’T SAY THINGS LIKE:

- Wow! That’s a lot!
- That must be hard.

DO SAY THINGS LIKE:

- I’m sure you’re excited to celebrate Ramadan.
- What are you eating for iftar?

Standardized testing and testing in general can be challenging during Ramadan.

Try to accommodate if possible. Make it early during the day when they’re more alert, less lethargic.

Please be understanding and compassionate. Many Muslim students work multiple jobs, pray, and fast. Some may be sleeping later than usual.

Thank you to all educators who continue to make their classrooms an inclusive and safe space.

DON’T ASK WHY.

IT COULD BE DUE TO:

- Health issues
- Period/pregnancy
- Disability

Happy Ramadan!