



Seven recommendations for practicing Ramadan during school time

1. Fasting is one of the five pillars of Islam. We want to support our students in being able to practice their religion well.
2. There is no fixed age at which children should fast. The health of the children is very important in making this decision.
3. Everyone can decide for themselves whether to fast. Nobody should be forced or pressured to do so.
4. If a child is fasting, they should still bring something to eat and drink to school. If a child doesn't feel well, they should be allowed to break their fast. If a child experiences health problems, the teachers will ask them to at least drink some water. We ask that you discuss this with your child.
5. Fasting is a matter between a person and God. It's nobody else's business whether someone fasts or not. Nobody should be insulted or excluded if they don't fast. But nobody should be insulted or excluded if they do fast either.
6. School is hard work for children. There are religious exceptions for hard work. If fasting is affecting school, students should be allowed to make exceptions. Fasting can also be postponed or made up later, especially on days with important exams.
7. Fasting should not be used to break school obligations. Even during fasting, participation in sports classes is mandatory. School events and trips are also mandatory. We ask that you discuss exceptions for these strenuous activities with your child. Drinking some water before sports class is advisable.