



# Arlington Public Schools

Office of Diversity, Equity & Inclusion • 2110 Washington Blvd., 4<sup>th</sup> Floor • Arlington, Virginia 22204

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March 10, 2023

Letter to Principals: Ramadan

Dear Principals,

“Ramadan Mubarak,” (Moo-bar-ahk) which means, “Have a blessed Ramadan,” is a traditional greeting during Ramadan which begins March 22nd. The following information was created in partnership with DEI coordinators and led by Ms. Monica Lozano-Caldera, Ms. Stephanie Smith, and Mr. Tim Cotman. We encourage you to share this information with colleagues.

At sundown on March 22nd, Ramadan, the ninth month of the Islamic calendar and the most sacred month in Islamic culture, begins. Ramadan celebrates the prophet, Muhammad, receiving the Quran, which is the Holy Book of Islam. Observing Ramadan is one of the Five Pillars of Islam and is an incredibly important time of year for members of the Muslim community.

Ramadan is traditionally observed by fasting (refraining from eating or drinking) while the sun is up. Observing Muslims eat an early morning meal, called Suhoor, before the sun rises, and eat a big meal, called Iftar, when the sun has set each day during the month. Muslims will also often pray, read the Quran, reflect, as well as perform acts of generosity, charity, and kindness.

We often have many students who observe the holiday by fasting and praying throughout the day. It is important to note that prayer time is a designated time and can be found online [at this link](#). Most students will forgo prayer during the day if it's disruptive, but this is a personal journey and staff do not need to prompt students to take food home or leave the room for prayer. Please be mindful of how class events that include food during this time might impact observing students. Sometimes, well intentions can lead to unnecessary harm.

We ask that schools establish and publish the location of a room as a quiet, restful place for observing students to use where there is no food throughout Ramadan.

If you want more information about Ramadan, take a look at this [article](#).

We will provide additional information in the next iteration of the Round Up.

Sincerely,

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