**Ramadan is a significant month in the Islamic calendar, marked by fasting, prayer, and spiritual reflection, observed by Muslims worldwide. As Ramadan approaches, many prepare for the fasting period, which begins and ends with the sighting of the crescent moon, fostering a sense of community and shared experience.**

**We would like to wish the Haseltine community Ramadan Mubarak.**

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**Below you will find information on how Haseltine Primary School will be supporting children who will be fasting. We have also included information and activities for you to complete together if you wish.**

What is Islam and what do Muslims believe in? - BBC Bitesize

What is Ramadan and when does Ramadan happen? - BBC Bitesize

KS2 Religious Studies: Ramadan and Eid ul Fitr - BBC Teach

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**If your child is in Year 4-6 and you are encouraging them to fast during school time, you must inform Mrs Anderman via email:** s.anderman@haseltine.lewisham.sch.uk

**Children will not be permitted to fast if Mrs Anderman had not been notified.**

**Children who are fasting will have access to the prayer room during lunch time.**

**Children can bring a prayer mat, tasbih (prayer beads) and Islamic texts.**

**Children are responsible for looking after their own personal items.**

# What is Ramadan?

Ramadan is the 9th month of the Islamic calendar.

Ramadan is when the Holy Qur'an was first revealed to Prophet Muhammad (peace and blessings be upon him).

We do not eat or drink from dawn until sunset during Ramadan. This is called fasting.

Fasting in Ramadan is one of the Five Pillars of Islam.

We fast in Ramadan to get closer to Allah, be self-disciplined, control ourselves and show our gratitude for Allah's blessings.

At the end of Ramadan there is a big celebration called Eid Al-Fitr which means 'the feast of breaking the fast'.

In Eid Al-Fitr we celebrate completing our fast and we thank Allah for the strength He has given us throughout Ramadan.

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# Ramadan Symbols

sunrise

sunset

mosque

Qur'an

donations

Salah

five daily prayers

dates

eaten to break the fast

Suhoor

meal before keeping your fast

Iftar

meal for breaking your fast

prayer mat

Star and Crescent

# Ramadan Fasting Tips

Eat foods at Suhur (your morning meal) that will give you energy throughout the day. Whole grains (like brown rice and bread) with lean protein (such as fish or chicken) would work well.

Eat foods with a high water content, such as cucumber or strawberries, to help with hydration.

Drink water as soon as you can after fasting. Try eating dates too, as these are rich in energy.

Try not to consume too much sugar, such as in cakes or fizzy drinks, as this can negatively affect your energy levels.

Avoid salty foods, like crisps and cheese, as they could make you feel more thirsty during the day.

Make sure your meals are balanced and include fruit, vegetables, protein, fats and carbohydrates.

Try to fit in some moderate activity every day, like a brisk walk.

# Ramadan Kindness Calendar

| | | | | | | |
|---|---|---|---|---|---|---|
| **Day 1** Make a Ramadan Mubarak greeting card for a special family member or friend. | **Day 2** Say 'Ramadan Mubarak' to five people. | **Day 3** Read one page of the Qur'an. | **Day 4** Ask a friend or classmate how they are finding Ramadan. | **Day 5** Help set the table at Iftar time. | **Day 6** Complete one prayer at the Mosque. | **Day 7** Learn a new Dua. |
| **Day 8** Explain to a friend or classmate why people fast during Ramadan. | **Day 9** Pray Fajr after Suhoor. | **Day 10** Pray Taraweeh at the Mosque. | **Day 11** Share food with neighbours during Iftar. | **Day 12** Read two to four pages of the Qur'an. | **Day 13** Make Dua at Iftar time thanking Allah (SWT) for the food He has given you. | **Day 14** Visit or call a family member or friend. |
| **Day 15** Write a diary explaining how you feel at the halfway point of Ramadan. Think about what you have found challenging and what you are grateful for. | **Day 16** Help clear up the table after Suhoor and Iftar. | **Day 17** Invite a friend for Iftar. | **Day 18** Find out about the importance of smiling in Islam. Then, smile at five people and explain to them what your religion teaches about smiling. | **Day 19** Donate some money to charity. | **Day 20** Learn a story about one of the Prophets (Peace Be Upon Them) and share it with your family. | **Day 21** Learn three names of Allah (SWT). |
| **Day 22** Give Salaam to up to five people. | **Day 23** Make a list of things you would like to accomplish in the final week of Ramadan.  | **Day 24** Donate some food to your local food bank. | **Day 25** Learn five facts about Eid Al-Fitr. | **Day 26** Speak to a friend or classmate who has been fasting. Share your experiences. What have been your highlights of Ramadan. | **Day 27** Learn how to perform the Eid Al-Fitr prayer. | **Day 28** Create some Eid decorations that you can put up in your house. |
| **Day 29** Make an Eid card for someone special. | **Day 30** Write a letter to your future self about Ramadan. How can you prepare for Ramadan next year? | | | | | |

twinkl.com

# I Spy Ramadan Activity

Can you find these items hidden in the picture?

- bird ◯
- camel ◯
- dates ◯
- glass ◯
- lantern ◯
- moon ◯
- mosque ◯
- plate ◯
- prayer beads ◯
- stars ◯

# Ramadan Anagram Quiz

Rearrange the letters to work out the Ramadan anagrams.

aadmanR _____

mlsal _____

uQr'na _____

atLuil lu- dQra _____

sensrogfevi _____

tlaas _____

iFve salPlir _____

tgsfani _____

elfs-piensdicil _____

atfIr _____

oouShr _____

dahFyi _____

iEd lA-riFt _____

tcnoebairle _____

lmcaisI nelardca _____