

# Ramadan Guide 2025/1446AH

Tower Hamlets Standing Advisory Council  
on Religious Education (SACRE)



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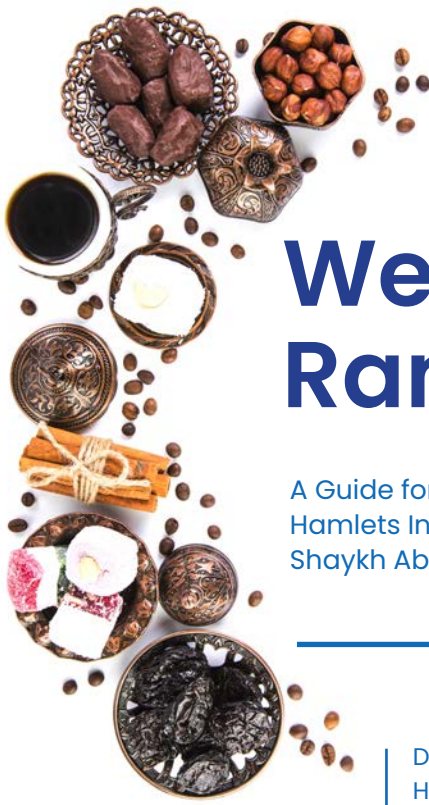
## **Tower Hamlets Ramadan Guide for Schools**

**Ramadan 2025 is expected to begin on 1st March 2025 and conclude with Eid on 29th March or 1st April 2025, depending on the sighting of the moon.**

**This guide provides essential advice and practical recommendations to help schools in Tower Hamlets create a supportive and inclusive environment for pupils observing Ramadan. It also serves as a valuable resource for educators, workplaces, and colleagues, offering insights to foster understanding and accommodation during this sacred month.**

Published March 2025.  
Developed by the Tower Hamlets SACRE  
(Standing Advising Council for Religious Education)

This is intended as a guide only and where appropriate, health and wellbeing matters should always be consulted with a doctor, and where religious advice is sought, please liaise with Imams. Advice on a list of Islamic scholars can be attained by contacting SACRE.



# Welcome Ramadan '25

A Guide for Schools in Tower Hamlets Introduction by Shaykh Abdul Qayum



"The month of Ramadan is that in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance. So whoever sights the new moon of the month, let him fast it; and whoever is ill or on a journey—then an equal number of other days.

Allah intends for you ease and does not intend for you hardship and wants for you to complete the period and to glorify Allah for that which He has guided you, and perhaps you will be grateful."

*Qur'an 2:185*

DEAR ESTEEMED HEADTEACHERS, TEACHERS, VOLUNTEERS, AND STAFF OF PRIMARY AND SECONDARY SCHOOLS IN TOWER HAMLETS.

As Ramadan approaches, we enter a sacred time of spiritual renewal, reflection, and community connection. This holy month is not only a time of devotion for Muslims worldwide but also an opportunity for broader society to reflect on values of self-discipline, gratitude, and compassion.

I extend my warmest greetings and invite you to embrace this month with awareness, respect, and inclusivity.

For young students, Ramadan is a time of both personal challenge and profound growth. Fasting from dawn to sunset fosters resilience, self-restraint, and a deeper connection to faith. However, balancing these spiritual commitments

with academic life can be demanding, which is why a supportive school environment is so vital. By recognising the needs of fasting pupils—whether through adjusting schedules, providing quiet spaces, or fostering dialogue—schools can play a crucial role in ensuring students feel encouraged in both their faith and education.

This SACRE Ramadan Guide provides practical guidance to help schools create a welcoming and accommodating environment. Simple considerations—such as understanding fasting students' energy levels, being mindful of exam schedules, and promoting interfaith discussions—can make a significant difference. Ramadan is also a time for community and shared values, and I encourage schools to see this as an opportunity for greater

cultural understanding. Inclusivity enriches us all, and small gestures of support strengthen the bonds of respect and unity within our schools.

May this Ramadan be a time of peace, renewal, and blessings for all students, staff, and their families.

Warm regards.

*Abdul Qayum*

SHAYKH ABDUL QAYUM  
HEAD OF RELIGIOUS SERVICES  
EAST LONDON MOSQUE

# GATES OF PARADISE RAMADAN

EAST LONDON MOSQUE  LONDON MUSLIM CENTRE

RAMADĀN	DAY	FEB-MAR	SUHŪR ENDS	FAJR JAMĀ'AH	ZUHR JAMĀ'AH	'ASR JAMĀ'AH	IFTAR TIME	MAGHRIB JAMĀ'AH	'ISHĀ TĀRĀWĪH
(29)	FRI	28 FEB	5:08	5:28	1:00	4:00	5:43	5:50	8:00
1	SAT	1 MAR	5:05	5:25	12:45	4:15	5:44	5:59	8:00
2	SUN	2 MAR	5:03	5:23	12:45	4:15	5:46	6:01	8:00
3	MON	3 MAR	5:01	5:21	12:45	4:15	5:48	6:03	8:00
4	TUE	4 MAR	4:59	5:19	12:45	4:15	5:50	6:05	8:00
5	WED	5 MAR	4:57	5:17	12:45	4:15	5:51	6:06	8:00
6	THU	6 MAR	4:55	5:15	12:45	4:15	5:53	6:08	8:00
7	FRI	7 MAR	4:52	5:12	1:00	4:15	5:55	6:10	8:00
8	SAT	8 MAR	4:50	5:10	12:45	4:15	5:57	6:12	8:00
9	SUN	9 MAR	4:48	5:08	12:45	4:15	5:58	6:13	8:00
10	MON	10 MAR	4:46	5:06	12:45	4:15	6:00	6:15	8:15

EAST LONDON MOSQUE & LONDON MUSLIM CENTRE

11	TUE	11 MAR	4:43	5:03	12:45	4:30	6:02	6:17	8:15
12	WED	12 MAR	4:41	5:01	12:45	4:30	6:03	6:18	8:15
13	THU	13 MAR	4:39	4:59	12:45	4:30	6:05	6:20	8:15
14	FRI	14 MAR	4:37	4:57	1:00	4:30	6:07	6:22	8:15
15	SAT	15 MAR	4:34	4:54	12:45	4:30	6:09	6:24	8:15
16	SUN	16 MAR	4:32	4:52	12:45	4:30	6:10	6:25	8:15
17	MON	17 MAR	4:30	4:50	12:45	4:30	6:12	6:27	8:15
18	TUE	18 MAR	4:28	4:48	12:45	4:30	6:14	6:29	8:15
19	WED	19 MAR	4:25	4:45	12:45	4:30	6:15	6:30	8:15
20	THU	20 MAR	4:24	4:44	12:45	4:30	6:17	6:32	8:30

EAST LONDON MOSQUE & LONDON MUSLIM CENTRE

21	FRI	21 MAR	4:22	4:42	1:00	4:45	6:19	6:34	8:30
22	SAT	22 MAR	4:20	4:40	12:45	4:45	6:20	6:35	8:30
23	SUN	23 MAR	4:18	4:38	12:45	4:45	6:22	6:37	8:30
24	MON	24 MAR	4:16	4:36	12:45	4:45	6:24	6:39	8:30
25	TUE	25 MAR	4:14	4:34	12:45	4:45	6:26	6:41	8:30
26	WED	26 MAR	4:12	4:32	12:45	4:45	6:27	6:42	8:30
27	THU	27 MAR	4:10	4:30	12:45	4:45	6:29	6:44	8:30
28	FRI	28 MAR	4:09	4:29	1:00	4:45	6:31	6:46	8:30
29	SAT	29 MAR	4:06	4:26	12:45	4:45	6:32	6:47	8:30
(1)	SUN	30 MAR	5:04	5:24	1:30	6:00	7:34	7:41	9:30

NOTE: BEGINNING AND END OF RAMADAN SUBJECT TO SIGHTING OF NEW MOON

ذَهَبَ الطَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَبَيَّتِ الْأَجْرُ إِذْ شَاءَ اللَّهُ

DHAHABA ADH-DHAMA'U WABTALLAT-IL-'UROOQ WA THABATA AL-AJRU IN SHA' ALLAH  
"THE THIRST HAS GONE, THE VEINS ARE MOISTENED, AND THE REWARD IS CONFIRMED, IF ALLAH WILLS."

## A Day in Ramadan at a Glance

### Pre-dawn Meal (Suhoor)

This is an essential meal for Muslims as this will replace breakfast during the month of Ramadan. This pre-dawn meal should be wholesome and filling in order to sustain energy for many hours, and needs to be eaten before sunrise.

'Take the Suhoor meal, for there is blessing in it.'

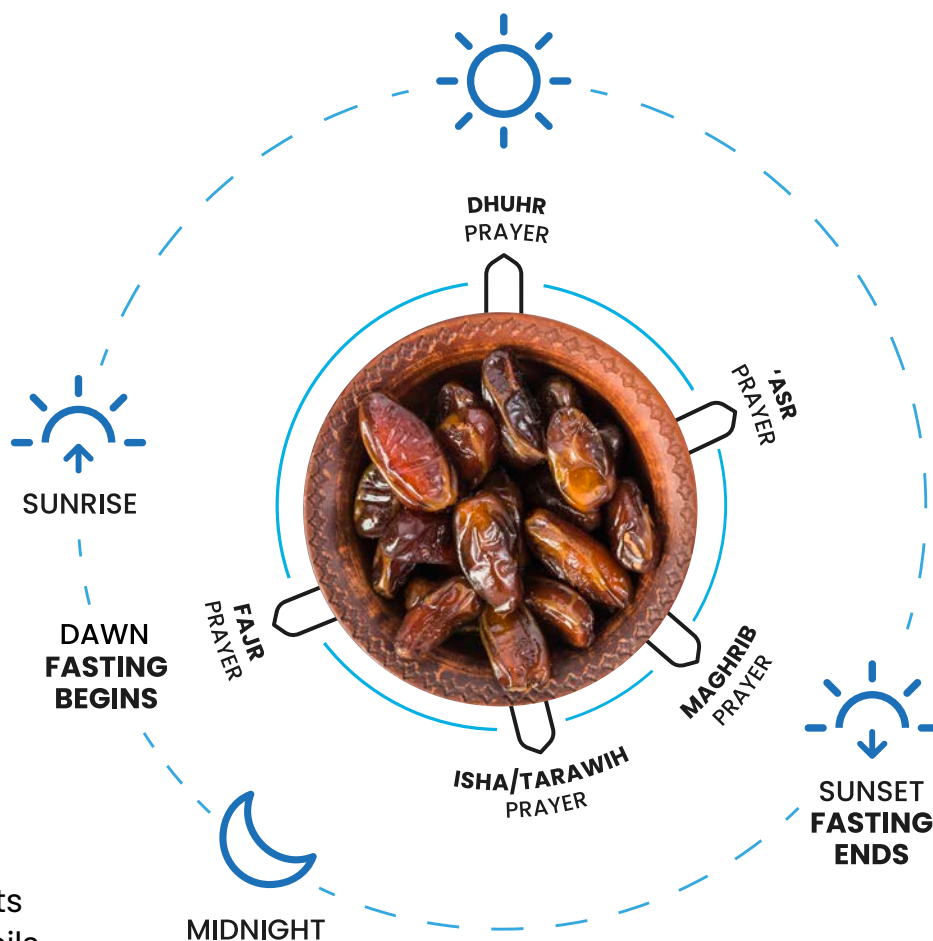
[Hadith: Bukhari & Muslim]

During the summer fasts, the days are longer, and the nights are shorter. Please advise pupils and parents to make healthy food choices and to ensure pupils are consuming more liquids than usual, avoiding caffeine and sugar drinks.

### Night Prayers (Tarawih)

Tarawih is a recommended voluntary act of worship, which can only take place during the month of Ramadan. This is why it is extremely popular. Muslims can perform anything from four, eight, twelve or 20 units of prayer (rak'ats).

During this prayer portions of the Qur'an are recited out loud with the aim to complete the full recitation by the close of Ramadan known as 'khatam'. This prayer usually takes around 1.5/2 hours and concludes close to midnight.



### Breaking the Fast (Iftar)

This meal coincides exactly with the setting of the sun. As per tradition, Muslims break their fast with dates and water, followed by a cooked meal which should contain all the necessary nutrients for a healthy balanced diet.

Salman ibn 'Amir reported: The Prophet Muhammad (pbuh) said, "When one of you breaks his fast, let him break it with dates for they are blessed. If they are not found, let him break it with water for it is pure."

[Sunan al-Tirmidhi 695]

# Advice for Schools, parents and guardians

**M**any schools are often understandably concerned about the impact fasting in Ramadan may have on a student's education and attainment.

Teachers and all other staff who will be in contact with pupils who are fasting need to be aware about Ramadan, and what it entails. Any questions regarding the rulings around fasting should be put forward to an Imam or SACRE.

It is normal to observe a change in behaviour and practices amongst pupils during this fasting month. You may see pupils putting in extra effort in increased self awareness and an extra effort to secure self-improvement.

You may find additional requests for prayer space, as more pupils avoid eating during lunch, they often congregate in multi-faith rooms where these are available.

The midday prayer is the only prayer that pupils will want to observe during school hours which will fall during the lunch hour.

Schools should prepare to expect higher footfall at the ablution areas and increased usage of the multi-faith prayer

rooms. Moreover, pupils who stay for extra curricular clubs and activities may also want to observe their late afternoon 'Asr prayer.

Pupils should be encouraged to remain focused and continue to work hard during Ramadan.

Teachers may wish to adjust lesson plans when strenuous physical activity is involved to make allowances for pupils that are fasting. It may be advisable to limit time outside in hot weather to avoid dehydration.

If pupils do take part, they should be reminded that they will not be able to take in any fluid (including water) until sun-down.

Teachers may wish to consume food and water at their leisure but be mindful of Muslim pupils who may find it difficult to concentrate if food and water is consumed in their presence.

It is advisable to postpone any tests during Ramadan where possible to reduce stress of fasting pupils and to reduce the possibility that they may under-perform in these circumstances.

Teachers should use their judgement to adjust lessons, being mindful that in addition to not eating or drinking there may be underlying issues, as it is normal for pupils to have disturbed sleep patterns during the first week of Ramadan.

However, if a pupil continues to struggle, then teachers should consult with parents raising any concerns where necessary.

The objective is for teachers and pupils to find a balanced understanding and a workable outcome that ensures their faith is respected and their education is not disturbed.

Parents should not force their children to observe the night prayer (Tarawih). Children who wish to participate in the congregational night prayers should observe half, or 8 units in order that they may get a good nights rest for the next day.

Parents should also ensure that their children are consuming more fluids than usual, and help make healthy food choices for both Suhoor and Iftar.

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## Advice for Primary Schools

Parents can consult with their local Imams and their doctors for better guidance on children who take medication, or are due for any surgeries.

Fasting should not override the health of an individual as Islam prioritises health and well-being above the rites of fasting.

Teachers should know that fasting is not obligatory for young children, until they reach adolescence.

The Prophet (Pbuh) said:

*“The pens have been lifted from three: from one who has lost his mind until he comes back to his senses, from one who is sleeping until he wakes up, and from a child until he reaches the age of adolescence.”*

Narrated Abu Dawood 4399.

Pupils in early key stages often partake in fasting at leisure. It is not advised for children younger than seven to observe a whole fast, and they should be doing it under parental supervision and outside of school hours.

Fasting is obligatory on those pupils who have reached or passed their puberty (key stage three), whilst those pupils who are close are strongly recommended to hold fasts.

Parents may also consider preparing a lunch box, with a bottle of water, in case the need to break the fast. Important note is that Islam always prioritises the health and well-being of a person.

It is essential that parents communicate to teachers any children who are observing the fast to safeguard them against health risks.

With Ramadan now in March, fasting days are shorter but can still be challenging for young children. Parents often introduce fasting gradually through half-day or weekend fasts. Schools should be mindful of tiredness, mood changes, and headaches, especially in younger pupils, and encourage weekend fasting for Key Stages one and two.

Schools should not encourage children to break their fast early unless it is for health and safeguarding reason. The overriding consideration should be that the children do not feel disadvantaged in school activities because of their religious choices.

Alternatively, if a fasting child is unwell, the school has an overriding safeguarding duty to protect the child against any health risks.

Lastly, teachers should always fall on their experience and judgement to determine the safety and wellbeing of the child. We advise parents to work with the advice of the school, as this will always determine a much more positive outcome for the child.



# Ramadan Key Facts

## Understanding Ramadan and Fasting

Fasting (Sawm) is the fourth pillar of Islam, observed during Ramadan, the ninth month of the Islamic lunar calendar. Ramadan starts 10–11 days earlier each year in the Gregorian calendar, cycling through the seasons roughly every 33 years.

*"The month of Ramadan is the one in which the Qur'an was sent down as guidance for mankind, with clear signs of guidance and the criterion (between right and wrong)." (Qur'an 2:185)*

### Why Do Muslims Fast?

Fasting is more than abstaining from food, drink, smoking, and marital relations from dawn to sunset—it is a time for self-discipline, reflection, and spiritual growth. It fosters gratitude, patience, and empathy for those in need.

Fasting is obligatory for Muslims who have reached puberty, except for:

- Those who are ill
- Travellers
- Women who are menstruating, pregnant, or nursing

Missed fasts must be made up later. Those with chronic illness can instead feed a person in need, typically £6–£7 per day in the UK.

### Daily Routine: Suhoor & Iftar

Suhoor (Pre-dawn meal):

Encouraged to sustain energy for the day.

Iftar (Breaking the fast at sunset):

Traditionally with dates and water, followed by a balanced meal.

### Taraweeh – Night Prayers

Muslims gather in mosques for Taraweeh prayers, where parts of the Qur'an are recited each night, strengthening community and worship.

### The Last Ten Nights & Laylat al-Qadr

The last ten nights are deeply spiritual, with increased worship, prayer, and reflection.

Laylat al-Qadr (The Night of Power)—believed to be in the odd nights of the last ten—marks when the Qur'an was first revealed.

*"The Night of Decree is better than a thousand months." (Qur'an 97:3)*

Many observe I'tikaf, secluding themselves in the mosque for focused worship.

### Zakat & Charity

Ramadan is also a time for Zakat (obligatory charity). Over £500 million is donated in the UK alone during this month to support those in need.

### What Breaks the Fast?

Eating, drinking, smoking, or sexual relations, intentional vomiting, menstruation beginning while fasting.

Nourishing injections or

supplements

### What Does Not Break the Fast?

Using an inhaler (e.g., for asthma)  
Minor bleeding or blood tests  
Non-nourishing injections or vaccinations

### Eid al-Fitr – The Celebration

Ramadan ends with Eid al-Fitr, a day of prayer, joy, and giving. Muslims begin with a special Eid prayer and give Zakat al-Fitr to ensure those in need can celebrate too.

### Ramadan in Schools & Workplaces

Schools and workplaces can support fasting individuals by:

- Allowing flexible break times
- Providing prayer spaces
- Being mindful of scheduling exams or physically demanding tasks.



# Further References

## Qur'an & The Prophetic Traditions (Hadith)

### QUR'ANIC VERSES ON FASTING

#### 1. Surah Al-Baqarah (2:183):

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous."

#### 2. Surah Al-Baqarah (2:184):

"[Fasting for] a limited number of days. So whoever among you is ill or on a journey [during them]—then an equal number of days [are to be made up]. And upon those who are able [to fast, but with hardship]—a ransom [as substitute] of feeding a poor person each day. And whoever volunteers excess—it is better for him. But to fast is best for you, if you only knew."

#### 3. Surah Al-Baqarah (2:185):

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey—then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you, and perhaps you will be grateful."

#### 4. Surah Al-Baqarah (2:187):

"It has been made permissible for you the night preceding fasting to go to your wives [for sexual relations]. They are clothing for you and you are clothing for them. Allah knows that you used to deceive yourselves, so He accepted your repentance and forgave you. So now, have relations with them and seek that which Allah has decreed for you. And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]. Then complete the fast until sunset. And do not have relations with them as long as you are staying for worship in the mosques. These are the limits

[set by] Allah, so do not approach them. Thus does Allah make clear His ordinances to the people that they may become righteous."

### AUTHENTIC HADITHS ON FASTING

#### 1. Fasting as a Shield:

The Prophet Muhammad (peace be upon him) said: "Fasting is a shield, so the person observing fasting should avoid intimate relations with his wife and should not behave foolishly and impudently. If somebody fights with him or abuses him, he should tell him twice, 'I am fasting.' By Him in Whose Hands my soul is, the smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk."

#### 2. Exclusivity of Fasting's Reward:

The Messenger of Allah (peace be upon him) said: "Allah said: 'Every act of the son of Adam is for him, except fasting; it is done for My sake, and I will give a reward for it.'"

#### 3. Supplication at Iftar:

The Prophet Muhammad (peace be upon him) said: "The supplications of three persons are not rejected: the fasting person when breaking the fast, the just leader, and the supplication of the oppressed."

#### 4. Providing for a Fasting Person:

The Prophet Muhammad (peace be upon him) said: "Whoever gives food to a fasting person to break his fast, he will have a reward like theirs, without that detracting from their reward in the slightest."

These references offer valuable insights into the significance and practices of fasting in Islam, and can serve as educational tools for teachers and students alike.



For more information about SACRE please visit [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
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