

ATN NEWSLETTER

Ramadan Mubarak (translates to "Have a Blessed Ramadan")



5 Ways to Support Students during Ramadan

1. Open an conversation with your students and ask THEM how they can be supported.
2. Provide a safe space during lunch and snack time
3. Offer a time and space for prayer.
4. Provide accommodations or alternative assignments, especially for tasks that are physically demanding.
5. Use positive and supportive language when talking to students about Ramadan.

DATES OF NOTE FOR APRIL

All Month - Sikh Heritage Month

April 2 to May 2nd - Ramadan

April 4 - Refugee Rights Day
April 13 - International Day of Pink (Theme: Represent)

April 13 to 15 - Songkran

April 14 - Vaisakhi/Baisakhi

THE RAMADAN ISSUE

From the desks of the ATN's Guest Writer: Ama - Grade 5 Student

Welcome to the second issue of the Antiracist Teacher Network Newsletter. This month, we're sharing some perspectives on Ramadan written by Ama, a grade 5 student in Calgary.

Ramadan is an Islamic celebration when a نَبِيّ (prophet) started getting revelations of the Quran. We celebrate Ramadan according to the lunar calendar. It happens once a year, starting on the new moon and ending on the next one. This year, Ramadan might begin on April 1, 2, or 3, depending on the moon.

During Ramadan, we partake in a dry fast which means no food and no water. Fasting lasts from sunrise to sunset, so we wake up around 4:00am to eat and drink a meal known as سحور (Su-hu-or). At Sahoor, we eat fruit salad, rice pudding, and other filling foods that are high in sugar. We often end our fast with dates and milk. During Ramadan, we also do extra good deeds, pray, read the Quran, and spend time with family or friends.

Overall, Ramadan is an important spiritual month. **رَمَضَانَ مُبَارَكًا! (Ramadan Mu-bar-ak!)**

Interested in joining the Local 38 Anti-Racist Teachers Network?

Email LDECChair@ata38.ab.ca for more information!



OUR MONTHLY BOOK RECCS

From the ATN Resource Bank!

K to 4 - Lailah's Lunchbox: A Ramadan Story by Reem Faruqi and Lea Lyon, **Rashad's First Ramadan and Eid-ul-Fitr** by Lisa Bullard, **Ramadan Around the World** by Ndaa Hasan, **Night of the Moon: A Muslim Holiday Story** - Hena Khan

5 to 9 - Once Upon an Eid: Stories of Hope & Joy by 15 Muslim Voices by S.K. Ali and Aisha Saeed, **Ramadan: The Holy Month of Fasting** by Ausma Zehanat Khan

10 to 12 - Huda F Are You by Huda Fahmy, **Ms. Marvel** by Willow G. Wilson

For Teachers - Culturally Responsive Pedagogy - Working Towards Decolonization, Indigeneity and Interculturalism by Fatima Pirbhai-Ilich, Shauneen Pete, Fran Martin

Reading Challenge! - [The #RamadanReadathon](#) information for 2022 has been released if you are looking to diversify your bookshelf and book recommendations for centring Muslim voices in your shelves and classrooms. Follow [@MuslimReadathon](#) on twitter for the latest information!

COOL STUFF!

- The [Sikh Heritage Museum of Canada](#) has a page of educational resources and lesson plans for classroom teachers!
- The [World Sikh Organization of Canada](#) has prepared an education guide for educators to learn more about the Sikh faith and issues faced by Sikh students.
- The [Anti-Racist Educator Reads Podcast](#) has an excellent episode with a panel of educators who explores Islamophobia in schools.
- The National Council of Canadian Muslims has put together an [Educator's Guide to Islamic Religious Practices](#)
- The Muslim Educators of Toronto (META) put together an [Anti-Islamophobia Resource Guide](#) in honour of [#WeRememberJan29](#) and the website [Islamaphobia Is](#) with a variety of lesson plans and advice on [how to tackle Islamophobia in your Grade 6-12 classroom](#).
- [Learning for Justice](#) has some resources to support teachers in countering Islamophobia in their schools.

Accommodating Muslim Students During Ramadan
 PRACTICAL TIPS FOR EDUCATORS
 By Aya Khalil
 Illustrated by Huda Fahmy

IF THEY DO FAST, PROVIDE A SAFE SPACE FOR THEM TO BE DURING LUNCH.

Happy Ramadan!
 ACKNOWLEDGE THE MONTH OF RAMADAN IS COMING UP.
 (TIP: MAKE SURE THE STUDENT(S) IN YOUR CLASS ARE ACTUALLY MUSLIM. DO NOT ASSUME THEY ARE BY C/ THEY'RE ARAB OR BROWN.)

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.
 LITTLE HELP.
 (UNLESS THEY WANT TO!)

LOW IMPACT PHYSICAL ACTIVITY IS GOOD.

KEEP IN MIND THAT OUTDOOR GYM IS EVEN MORE CHALLENGING. IT'S HOT. (REMEMBER: NOT EVEN WATER.)

TALK TO THE STUDENT AND SEE WHAT THEY'RE COMFORTABLE WITH.
 YOU CAN TALK TO ME NOW, OR SPEAK TO ME IN PRIVATE.
 WE'LL WORK SOMETHING OUT TOGETHER.

MISS! LOOK! SHE'S BEEN FAKIN THIS WHOLE TIME!
 FOR VARIOUS REASONS, SOME MUSLIM STUDENTS WON'T FAST.

IT COULD BE DUE TO
 HEALTH ISSUES PERIOD/PREGNANCY DISABILITY
 VISIBLE OR NOT

IF YOU'RE FASTING, PLEASE BE UNDERSTANDING AND COMPASSIONATE. MANY MUSLIMS PERFORM NIGHTLY PRAYERS (TARAWEEH) & MAY BE SLEEPING LATER THAN USUAL.

THANK YOU TO ALL EDUCATORS WHO CONTINUE TO MAKE THEIR CLASSROOMS AN INCLUSIVE AND SAFE SPACE.

HAPPY RAMADAN!

Written by Aya Khalil | Illustrated by Huda Fahmy