

RAMADAN AND EXAMS

Dates of Ramadan:	5th May 2019 to 4th June 2019
Eid al-Fitr possibly:	4th/5th/6th June
Dates of exams:	Start- 13th May 2019 (RE) End: 18th June (Statistics)

Virtual overlap of Ramadan with exams

Revise well in Advance

- Ensure the vast majority of the work is done before Ramadan even starts. This should be the case for all pupils as any pupil's revision could be disrupted by illness, trauma, family problems or some other emergencies.
- Revision timetables should take into account the advent of Ramadan. Pupils should plan timetables suited to their individual needs.

Fasting during Ramadan

- Pupils could fast Monday and Thursdays and/or fast during PPEs to get used to the demands of exams whilst fasting.
- Do not do 24hr fasts – Eat/drink food in the morning even if it is just to hydrate
- Get advice from elder pupils. Talk to others who have already done well in exams whilst fasting from previous year groups
- Don't use fasting as an excuse to justify poor performance – lots of people have done really well!
- Pray at home when possible- Allow pupils to do prayers at home especially the Tarawih (night prayers)

Meal advice

- Have a good but light pre-dawn meal. Foods that release energy slowly throughout the day such as grains and seeds like barley, wheat, oats, cereals, semolina, beans, lentils, wholemeal flour and rice.
- Eat healthily when you break your fast at the end of the day. Foods with natural sugars to replenish energy reserves such as dates as well as a balance of protein from meat/fish, lentils and vegetables.
- Hydrate well by drinking small volumes throughout the night especially while revising. Avoid diuretics like tea, coffee and cola
- Pupils should eat the same quantities as they would normally consume to avoid feeling bloated, sluggish, lazy and tired.

Plan your day ahead

- Ensure school bags are packed the night before the exam to avoid stress.

Rest as much as possible

- Try to rest/sleep whenever possible: at night, after the pre-dawn meal and in the late afternoon.
- Avoid physical exertion such as excessive physical sports especially during break time and lunchtime.
- Light exercise would be good to release stress and help circulation.
- Avoid the outdoors when very hot and sunny.

Don't take risks

- The fast can be broken if it gets too difficult or the pupil is feeling ill. Broken fasts can be made up after Ramadan.
- It is forbidden (religiously) to put pupils in harm's way if the pupil is feeling ill.