

EMERSON PARK ACADEMY

Exams / Lessons

Advice for Students during Ramadan

Ramadan, the holiest month in the Muslim calendar.

It is a month of self-discipline through fasting from dawn to dusk and offering late night prayers. It is a meaningful practice and with good time management students can continue to excel academically and it is also a month of sacrifice through charity giving and helping those less fortunate.

The decision to observe Ramadan is a personal one. If you have any concerns that fasting will have a significant impact on your health or wellbeing you should seek advice from your local Imam and discuss any your concerns with parents / carers too.

Ramadan brings new challenges for Muslim students especially during an exam period. Getting organised and planning your time effectively during Ramadan can maintain your well-being and ensure success in lesson and exams at this time.

Here are some top tips to help you through this period.

1. Plan your meals and nutritional needs

It's important to plan your meals and how you are going to meet your nutritional needs during Suhur (pre-dawn meal) and Iftaar (breaking of the fast meal).

Getting the right balance of carbs, proteins, vegetables, fruits along with drinking plenty of water can have a significant impact on energy levels during the day.

Stock up on these items at home this will ensure you know you have the right food available at night when needed.

2. Revise / complete homework differently and plan ahead

You will need to work out a routine that works for you that factors in enough time to revise / complete homework and rest time. Make a revision timetable

that factors in rest periods during the exam period. You may have other responsibilities too so take those into account when planning.

Lack of concentration, your mind wondering and feeling sleepy can occur during fasting. Revision cards, mind maps and other techniques can help condense essential information into bite size chunks that are easier to absorb. Try and do the bulk of revision before fasting starts, write up notes and revision cards before you start feeling hungry.

3. Utilise your lunch times

You know you will have a lunch break like other students during the day. Decide what you will do with this time. You could use this as a quiet time. Alternatively, be proactive and write down the challenges you are facing and work out a plan to tackle them.

4. Take a break

It's essential you plan in a few breaks during your day. Regular breaks increase productivity, reduces stress, gets you focused and refreshes you and is an essential element of your plan. In your breaks why not take a relaxing walk round outside, the fresh air will help you if you feel energy levels dip.

We would like to wish all our Muslim staff and students a happy and blessed Ramadan (Ramadan Mubarak).

Prayer room facilities at Emerson Park Academy are situated in the B7 and we have a smaller room in our old 'H' block adjacent to OH6 for student and staff to access outside of lessons.

Students who wish to pray in B7 are asked to arrive promptly at the start of lunchtime, no later than 13.50pm. While ablution facilities are available, students are asked to prepare in advance to avoid congestion.

Please see a member of staff for a key to access our other space at break or lunchtime.