

It is a very special time of the year for Our CHAT Muslim families and we wanted to celebrate the Month of **Ramadan** with you.

This year's Ramadan is a bit different, as the coronavirus pandemic means that many people will not be able to visit friends and family or their local mosque. It has been a challenging time for all, especially with all the home learning and changes we have experienced the past 7 weeks.

Some of our parents have shared that;

'this has been a **great opportunity to teach the children** about our faith and customs as they have been able to experience Ramadan at home – we have **had fun cooking and playing and spending time together**'

Other parents have reached out and said that 'it has **been a challenge to home learn with the children** as the evenings have been full and during the day we have been busy preparing meals and resting', so they **haven't had the time or the energy** to sit down with the children!

Parents, we just wanted you to know that **you are doing an amazing job!**

We have all needed to learn a new way of doing things and sometimes we get it right and sometimes we don't – **it is OK!**

We will get through this together

If you would like to **share any concerns**, have a chat or just want to **say hi**, We would love to hear from You!

We take this opportunity to wish those that are celebrating – **A Very Happy Ramadan!**

Gurjit, Beleyu & Juliet

The Community Outreach Team

So What is Ramadan?

Ramadan is a very important time in the Islamic calendar and Muslims all over the World are taking part.

During the month of Ramadan, Muslims won't eat or drink between dawn and sunset.

This is called **fasting**.

Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah, or God.

Fasting in Ramadan is one of the **Five Pillars of Islam**, which form the basis of how Muslims live their lives.

The other pillars are **faith, prayer, charity and making the pilgrimage to the City of Mecca**.

Ramadan is also a time for **spiritual reflection, prayer, doing good deeds and spending time with family and friends**.

Normally, people will make a special effort to connect with their communities and reach out to people who need help.

The meal Muslims partake in before starting the fast is called **suhoor** and the meal on breaking the fast is called **iftar**.

During Ramadan there is a special prayer, within the prayer the entire Qur'an is recited over the entire month at the mosques, this is called **Teraweeh**, it's special to Ramadan.

At the end of the fast - when the sun has gone down - usually, families and friends will get together for iftar to break their fast.

Many Muslims also usually go to the **mosque** to pray, when lockdown restrictions aren't in place.

Some mosques have been holding virtual services online for people to watch together.

Why does it fall now?

Ramadan falls during this month because this is when the holy book that's followed by Muslims, called the **Qur'an**, was first revealed to the Prophet Muhammad.

Ramadan is the **ninth month of the Islamic calendar**, but the date changes each year.

This is because Islam uses the lunar calendar (based on the cycles of the Moon), so it isn't a fixed date in the Western/solar calendar.

Does everybody fast?

Not everybody fasts during Ramadan.

Children, pregnant women, the elderly and those who are ill, or who are travelling, don't have to fast.

What happens at the end of Ramadan?

There is a special festival to mark the end of Ramadan.

This is called **Eid al-Fitr - the Festival of the Breaking of the Fast**.

It begins when the first sight of the **new moon is seen in the sky**.

Muslims will not only celebrate the end of fasting, but will also thank Allah for the help and strength that they were given throughout the previous month.

Often children and family are given **presents and new clothes – will you share photos of your celebrations with us?**

To find out more about Ramadan CBBC Newsround have explained a little more:

<https://www.bbc.co.uk/newsround/23286976>