



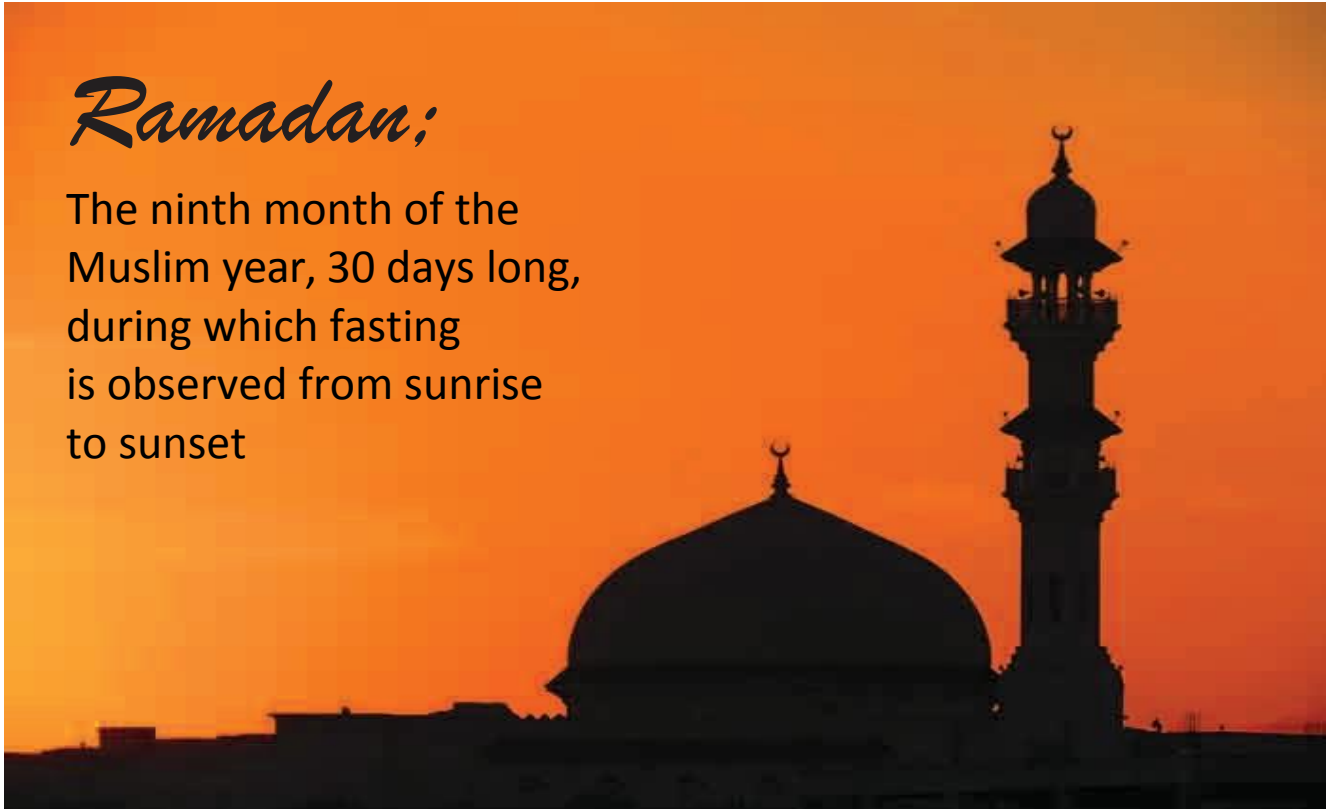
# CASS GUIDES

## SIR JOHN CASS RED COAT SCHOOL

### Advice to students fasting during examinations

#### *Ramadan:*

The ninth month of the Muslim year, 30 days long, during which fasting is observed from sunrise to sunset



#### **TIME MANAGEMENT**

As a student time-management is an imperative skill to have in order to succeed in your endeavours.

- Start preparing from now. Sleep better, be organised, wake early, have a timetable, and get used to dedicating some time to ibadah - that way when Ramadan does come it won't be a shock, rather part of the routine of productivity.
- Consider reducing social visits during Ramadan when that coincides with school study and exam times.

#### **HEALTH**

- Eat healthily and balance the food from all the major food groups. If we feed our body with good food before and during Ramadan we feel better, more alert and less lethargic.
- Wake in time to have Suhur (the meal before fasting begins) every day. Avoid oily foods for Suhur and Iftar. This is the same advice you would give to students studying for an exam.
- Eat brain food: Cashew nuts, almonds, antioxidant-rich fruits and vegetables, especially berries, citrus fruit, and peppers. Lean protein sources like grass-fed meat, poultry, fish (especially oily fish like salmon), and leafy greens.
- Keep hydrated between Iftar and Suhur. Our brains depend on proper hydration to function optimally. Brain cells require a delicate balance between water and various elements to operate,

and when you lose too much water, that balance is disrupted. Your brain cells lose efficiency. When we're parched, we have more difficulty keeping our attention focused. Dehydration can impair short-term memory function and the recall of long-term memory. The ability to perform mental arithmetic is compromised when fluids are low.

- A 2009 study at the University of Aberdeen Medical School found that the combination of salts, minerals and natural sugars in some fruits and vegetables can actually hydrate people more effectively than water or even sports drinks. Watermelon was on top of the list, thanks to its 92 percent water content and essential rehydration salts calcium, magnesium, potassium and sodium.
- A good tip to feel well-rested is to mix a teaspoon of black seed oil into a hot drink, such as Chamomile tea, an hour before bed for a great night's sleep.
- Take any prescribed medication during non-fasting hours with the permission of your doctor.
- Keeping fit is key. If our stamina is better, we cope better when fasting.

### **Exemptions from Fasting during Ramadan:**

- A minor
- The old\*
- The sick\*\*
- Travellers\*\*
- Pregnant women\*\*
- Nursing women\*\*
- Menstruating women\*\*
- The mentally incapacitated

*\*Should donate a meal to the needy*

*\*\*Should fast an equivalent number of days afterwards*

**Note:** If a student who is fasting becomes ill during the day or suffers from thirst to such an extent that they would be physically affected, then it is not permissible for such a person to be fasting and they must drink and eat (and/or administer medication as appropriate) immediately to stave off harm.

**“On no soul does God place a burden greater than it can bear...” (Surah 2:286)**