

Norfolk Practice Week

The Art of Individuality

Monday 18 – Friday 22 May 2026



Welcome to Uniquely Me: Supporting Muslim Children
Identity During Ramadan & Eid

- We'd love you to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.
- Please be considerate to others – this should be a safe, open and reflective space to learn.
- If you need live captions, click on the 3 dots at the top of your screen.
- Please do take 2 minutes to provide us with some feedback – we love to hear what you think. The QR code and link will be provided later.
- Some of these Practice Week sessions are being recorded for learning purposes. Your presenter will let you know at the start.

Uniquely Me: Supporting Muslim Children's Identity During Ramadan & Eid

Do you have any questions about Ramadan and Eid?

Celebrate and share; enhanced cultural understanding

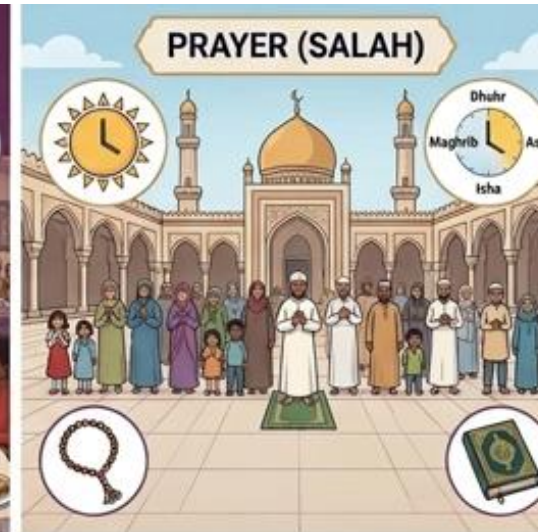
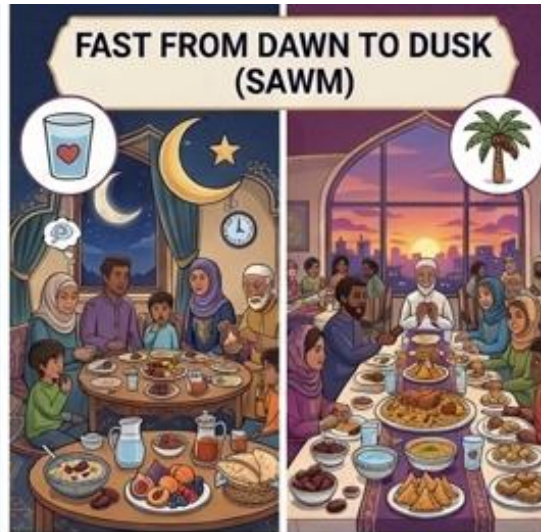
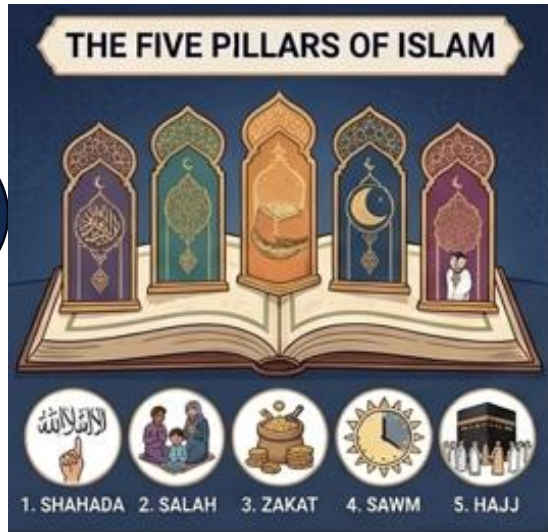
Strengthen practice; practical inclusive strategies

Acknowledge the challenges; greater awareness of barriers



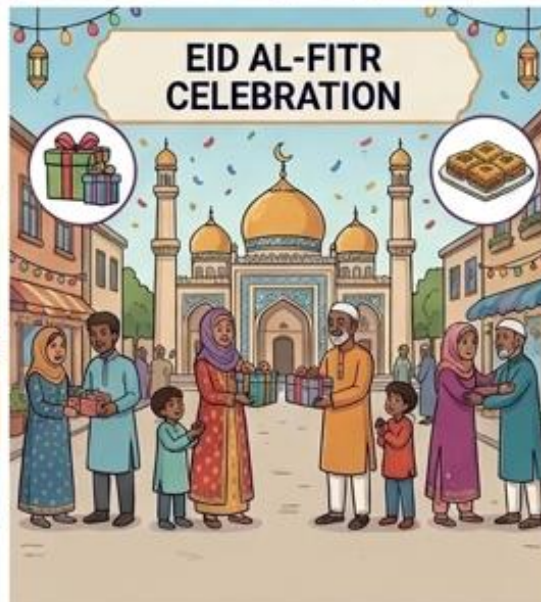
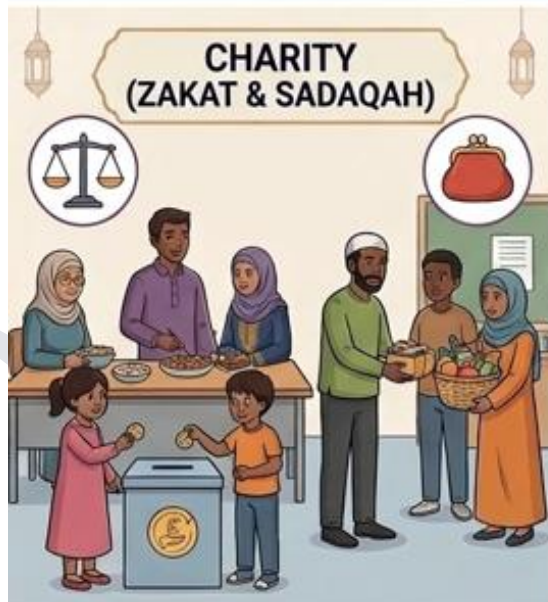
What are Ramadan and Eid?

You can brush your teeth and taste food



Ramadan and Eid fall differently every year

There are exemptions from fasting



There are 2 Eids

What Ramadan and Eid Mean to Muslim Children and Families

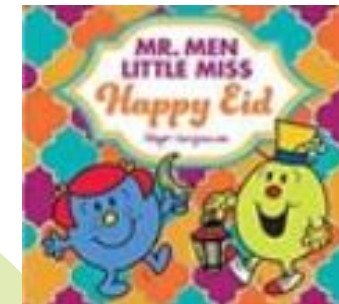
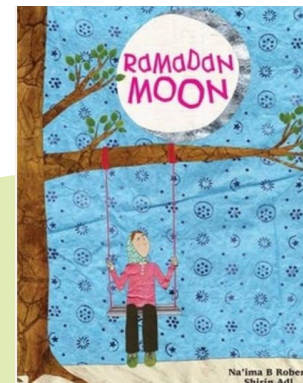
- Family traditions
- Crafts and activities
- Good deeds
- Learning simple prayers
- Celebrating Eid
- Community and togetherness



Pupils are entitled to days off to observe Eid

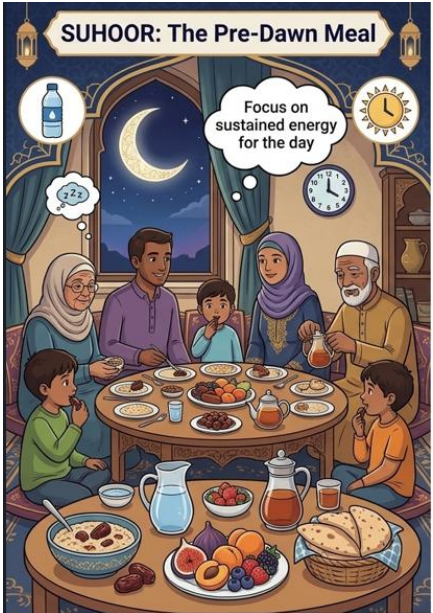
You can buy Ramadan chocolate calendars and pyjamas

Eid begins with a sunrise prayer



Meals during Ramadan

Eating times will change during Ramadan

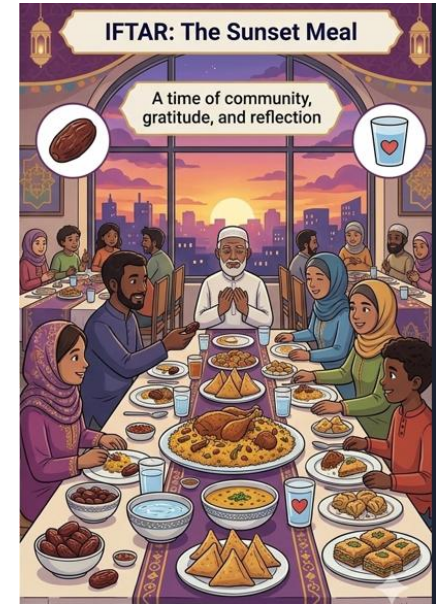


Suhoor: meal before dawn

- Whole grains
- Protein sources
- Fruits and vegetables
- Healthy fats
- Hydrating drinks: water or milk
- Suhoor can resemble breakfast (e.g., eggs, toast, yogurt) or be more savoury (e.g., leftovers, soups).

Iftar: sunset meal

- Iftar begins by breaking the fast with dates and water or milk following prophetic tradition and providing quick natural sugars and hydration. After that, a balanced iftar often includes:
- Soup
 - Whole grains
 - Lean proteins
 - Vegetables



Many mosques hold community Iftars

What special foods are enjoyed during iftar or suhoor, and what treats or meals make Eid celebrations exciting?

Kisuri/Norom
Khichuri



Thiakry



Fulab



Chicken
Samosa



Aloo
Chokha



Dates



Baklava



Identity and Individuality

Students at a Norfolk school were asked why their LGBTQ+ identity was important to them; their responses were used to create this poster.

How might children and young people answer if asked about their faith or religion?



Dr. Ingha Mattson (Islamic scholar, former president of ISNA)

“There is no single Muslim culture. Islam has been lived, interpreted, and expressed in every language and on every continent.”

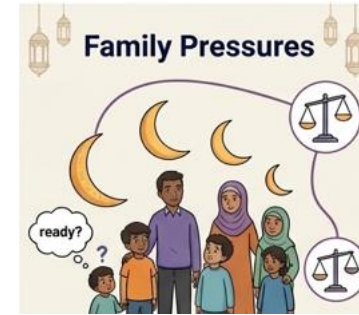
Karen Armstrong (Historian of religion)

“From Senegal to Indonesia, Islam has taken on the colours of the cultures it entered, creating a mosaic rather than a uniform block.”

Dr. Aminah Beverly McCloud (Professor of Islamic Studies, DePaul University)

“To speak of ‘Muslim identity’ in the singular is to erase the lived realities of millions whose Islam is rooted in different lands, languages, and lineages.”

Challenges Children and Families May Face



*“too strict”,
“too relaxed”,
or “not really”*



*“Just join in,
it won’t
matter”*

*“You can’t do
this...you
must do
that...”*

Faith Based Discrimination and Microaggressions

“You must all...”, “People like you always...”

Common Misconceptions or Harmful Comments

Discrimination Impacts Identity, Belonging, and Wellbeing

Strange, unusual, or something to be explained

Humour that relies on stereotypes or mocks

“Where might unintentional exclusion show up in your setting?”

Consider: Curriculum choices, Daily routines, Language used, Physical spaces, Policy application,



What schools are doing well:

Gaywood Primary School: *A "strong focus on diversity means pupils learn to respect a wide range of different cultures and beliefs".*

Harpley CofE VC Primary School: *Through collective worship, "pupils learn the importance of respecting themselves and people's differences".*

Scole Church of England Primary Academy: *The curriculum is "intentionally designed to counter limited local diversity by providing a strong representation of various ethnicities and cultures".*

Attleborough Academy: *The school provides an "inclusive curriculum" and a "calm and respectful culture" where students internalise values through explicit teaching.*

Long Stratton High School: *Personal development is woven with institutional values of "ambition, kindness, integrity, and respect".*

Winterton Primary School and Nursery: *Pupils "develop a strong understanding of fundamental British values such as democracy and tolerance," including showing "respect for different faiths".*

Cobholm Primary Academy: *The curriculum "consistently reinforces fundamental British values and the celebration of diversity".*

How schools are doing it:

Staff Training and Culture: Joint CPD with local mosque; pupil voice involvement; practical guidance; whole school messaging.

Safeguarding and Psychological safety: Adjustments around eating, drinking and resting (especially on residential), updated safeguarding procedures; anti bullying focus; safe reporting routes; normalising diversity and celebrating key festivals / practices.

Inclusive Practice for Pupils: Collaborative prayer space project; flexible lunchtime options; adapted physical activities and food-related activities; classroom adjustments.

Support for Families: Pre Ramadan family drop in; clear multilingual communication; family partnership; respectful attendance arrangements.

Eid Celebration and Communication: Whole school Eid message; inclusive celebration event; community involvement; showcasing pupil learning.

What Practitioners Can Do

- Communicate clearly, warmly, and proactively.
- Offer flexible, respectful adjustments.
- Engage families as partners.
- Train staff to understand and support Ramadan.
- Celebrate Eid in a way that welcomes the whole community.
- Recognise individuality alongside noticing connections and building belonging.



Closing Reflection and Next Steps

Did you enjoy this presentation?

Do you know more about Ramadan and Eid?

Do you feel better equipped to support someone marking Ramadan and celebrating Eid?

How will you help Muslim children feel proud, safe, and celebrated in their identity?

Do you still have questions or want to give any further feedback?

Think about what your space allows people to bring. And what it silently asks them to leave behind.

Angie Browne, Being Luminary



Norfolk
County Council

Please take 2 minutes to
provide us with some feedback

