

From the School Nurses' Desk

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Dear Parents,

In the observance of the holy month of Ramadan, we would like to point out some healthy tips for our students during the fasting time and after Iftar:

1. **Stay Hydrated**

Hydration is crucial, especially during non-fasting hours. Aim to drink ample water, focusing on *suhour* (a nourishing pre-dawn meal) and *iftar* (the evening meal to break your fast). Opt for natural, hydrating beverages, and steer clear of sugary or caffeinated drinks, which can deplete your body of essential fluids and lead to dehydration.

2. **Balanced Meals**

Suhour: Select nutrient-dense foods that include complex carbohydrates, such as whole grains, oats, and brown rice, alongside protein-rich offerings like eggs, beans, and yogurt. These choices help sustain your energy levels throughout the day.

3. **Iftar:** Begin your evening meal with a few dates—a tradition that is both nutritious and energizing—before moving on to a well-rounded feast. Your plate should be filled with a harmonious balance of protein, healthy fats, fresh vegetables, and whole grains. It's wise to avoid heavy, greasy, or overly spicy foods, as they may cause discomfort during digestion.

4. **Moderate Portions**

Practicing moderation at iftar is essential to avoid the uncomfortable aftermath of overeating. Eating smaller portions can prevent feelings of sluggishness and help maintain stable energy levels throughout the evening. If needed, consider consuming smaller, frequent meals to keep your body balanced and energized.

5. **Listen to Your Body**

Fasting is an exercise in self-discipline, but it's vital to prioritize your health above all. If you experience faintness, dizziness, or discomfort, it's crucial to break your fast without hesitation. Ensure you get plenty of rest to fend off fatigue, especially when fasting impacts your sleep schedule.

6. **Regular Physical Activity**

Engaging in light physical activity, such as walking or gentle stretching, can be beneficial during fasting hours. Avoid intense workouts during the hottest parts of the day or when your energy levels may be at their lowest. After iftar, you might find that your body is better prepared for more vigorous exercise as you replenish your energy.

7. **Get Enough Sleep**

Quality sleep is key to sustaining your energy and mental acuity. Aim to retire early each night and consider taking brief naps during the day to offset any sleep deprivation caused by altered schedules during the fasting period.

8. **Vitamins and Minerals**

Incorporate a variety of colorful fruits and vegetables into your meals to ensure you're getting essential vitamins and minerals. Foods rich in potassium (like bananas and sweet potatoes) and magnesium (such as leafy greens and nuts) are particularly beneficial for balancing electrolytes and preventing muscle cramps.

9. **Stay Calm and Focused**

Fasting may sometimes lead to shifts in mood or difficulty concentrating. Engage in calming practices such as reading or prayer to help maintain your mental clarity and emotional balance, fostering a sense of peace throughout the day.

10. **Consult with Healthcare Providers**

If you have underlying health conditions—such as diabetes, heart issues, or eating disorders—it's imperative to consult a healthcare professional prior to embarking on a fasting journey. They can provide tailored advice to ensure your fasting experience is both safe and supportive of your health needs.

By embracing these enriched guidelines, fasting students can sustain their physical vitality and mental wellness throughout their fasting period, allowing for a fulfilling and healthful experience.