



# Islamic Center Of Frisco

Office of the Imam

February 2, 2025

To Whom It May Concern

This year the holy month of Ramadan will be from March 1, 2025 - March 29, 2025.

Ramadan is the ninth month of the Islamic calendar, and the most important of them all. During this month, Muslims are required to abstain from eating or drinking from dawn to sunset (roughly 6:00 AM - 8:00 PM).

As such, students observing the fast may have low energy and difficulty focusing. We request that you excuse students from any physical activity during the month of Ramadan so that they may complete their fast without any risk to their physical health.

If you have any questions, feel free to reach out to me directly or to our institution for more information.

Sincerely,

**Salah Mahmoud**

Imam, Islamic Center of Frisco