



*The Islamic Society
of Greater Houston*

3110 Eastside Street
Houston, TX 77098
Phone: (713) 524-6615
Email: info@isgh.org
Website: www.isgh.org

Monday, February 16th, 2026

RE: EXCUSE STUDENT FROM GYM CLASS WHILE FASTING IN RAMADAN

Dear School Principal/Dean:

The Islamic Society of Greater Houston (ISGH) wishes to notify all concerned that Muslims will be observing their fasting obligation during the period **February 18, 2026, through March 19, 2026**, which is the month of Ramadan.

The obligation of fasting requires Muslims to primarily abstain from food and drink from dawn to dusk. Activities during this period are accordingly chosen to make the fasting as comfortable as possible. Please excuse this student from participating in physical activities in Gym Class. Feel free to assign them an alternate non-physical activity (helping in the library, etc.)

On behalf of the Muslim Community, the ISGH respectfully requests your cooperation in this matter. If you have any questions, please feel free to contact us at (713) 524-6615.

Thank you,

Emran Gazi,
ISGH President

Request Slip from Parents/Guardians:

Please excuse: _____

Grade: _____

Parent/Guardian Signature: _____
