

# **OPEN MIND**

February 2023 Vol. 6

Guidance Newsletter



Teaching diversity and bias is essential for all students to be civically engaged and responsible youth. When children learn to respect and value all people, no matter the similarities or differences, they are able to feel more connected to others, have higher levels of social awareness, and create stronger relationships.

We encourage you to talk to your children about the diversity of your own family. Where were your ancestors born? What languages are spoken in your family? What foods do you eat and what traditions do you celebrate?

# Bible Verses and Quotes about Diversity

"We all live with the objective of being happy; our lives are all different and yet the same." —Anne Frank.

"The minute we become an integrated whole, we look through the same eyes and we see a whole different world together." —Azizah Al-Hibri.

"Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight." —Romans 12:16

"I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment."—1 Corinthians 1:10

"For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him and for him" —Colossians 1:16-17

## March Celebrations and Awareness Dates

National Reading Month Disability Awareness Month

- 27 3 Literacy Week
- 2 Author Celebration
- 8 Womens Day
- 16 Spring Celebration
- 18 Global Recycling Day
  - 20 Happiness Day
- 17-27 Spring Break



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## **February Lessons**



#### Preschool

Students embarked on yoga journeys through book readings setting intention and confidence for the day. They also learned about the concept of gratitude, thankfulness, and appreciation.

#### Kinder - Second Grade



Students listened to a story about the value of diversity and acknowledged bias. They created self-portraits showing and celebrating their own unique identities.



## Third - Fifth Grade

Students learned about their classroom's similarities and differences through a "finding groups through movement" game. They learned to pause and ask "Is it true and fair?" before making judgments about something without exploring it.

## Middle School

Students learned about bias and diversity through a class discussion focusing on where we see bias in our world, the harm bias can cause, and ways we can challenge our own biases. They also learned the concept of in-groups and out-groups by focusing on implicit bias.

### Tips for Parents: Embracing Differences in Self and Others

- Don't shut down unpopular viewpoints. Engage in discussion, but set a boundary -your child can't say anything that degrades someone's humanity.
- Don't ignore disturbing events in the news (for example: involving racism, and forms of hate)create a safe space for discussion.
- Talk about cultural identifiers and how they skew perspective.
- Monitor your own biases. Family members can say "check that" to one another when someone makes a generalization about a group.
- Encourage authentic inclusion, not just a "hi" in the hall or a one-off act of kindness.
- Think about who your child sees you befriending and treating with respect
- Provide "windows and mirrors" -role models and images of beauty who look like them
- Encourage them to notice what differences and similarities they have with the people they hang out.
- Encourage them to draw from their own experiences with feeling different to help others.
- Show examples of celebrities and successful professionals who leveraged their so-called weaknesses into a success