

PAC EDI Newsletter

#2 February–April 2023

Hello NSC Co-op Preschool Community! Thank you all for reading our last newsletter, discussing, and giving feedback. We recognize that each preschool and each family has varying experiences, and in that light we'd like to give a spotlight to preschools who are setting an example of anti-bias work in their schools. Please let us know if you would like your preschool, DEI committee, anti-bias chair, teacher, class project, or anything else shared in a future newsletter.

If you want to reach the PAC EDI Committee please do so using our [feedback form](#). This can be used for a complaint, a situation you'd like help with, an idea you have about making our preschools more welcoming, content for a future newsletter, or general questions related to Equity, Diversity, and Inclusion as it pertains to preschool age children and their families. This is also a place to ask for support if your preschool has a new DEI committee or chair.

Observances and Remembrances:

You may want to find a way to incorporate these into your classroom.

February

- Black History Month

March

- Women's History Month

April

- Celebrate Diversity Month

Holidays

Please find below a list of religious holidays that may affect students in your co-op. Students and/or parents may be out these days. Do not schedule any activities on these dates that can not be easily made up, like group picture days or field trips. Remember that every family celebrates holidays differently.

February

- 8 or 15 Nirvana Day or Parinirvana (Buddhist)
- 22 Ash Wednesday (Catholic)

March

- 8 Holi (Hindi)
- 17 St. Patrick's Day (Catholic/ Irish)
- 22 Beginning of Ramadan (Last day of Ramadan is April 21) Be aware that many Muslim adults may be fasting during the day.

April

- 5–13 Passover (Jewish), Snack time accommodation may be needed
- 9 Easter (Catholic/ Christian)
- 22 Earth Day

* Do note, this is not a comprehensive list of holidays, it is a list of holidays that may impact school/work *

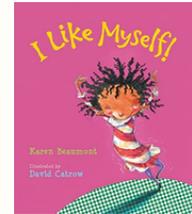
Anti-Bias Library

I Like Myself - Karen Beaumont (Toddlers and preschoolers)

This book is a board book (durable), and the illustrations are great.

This book helps young kids see that the world is diverse, everyone is unique, and that's what makes everything and everyone beautiful!

The message in this story is truly universal. Boy, girl, black, white, blue... it doesn't matter what you look like, this book applies to everyone. Everyone is unique, special and should be loved and liked.



The artwork is very unique and beautiful and the words just flow like a conversation. And of course the message is amazing and helps to promote self confidence

This is also a great antiracism book because we can easily identify with its young, black, female protagonist who loves herself no matter what others may think or say. If you want to build a more inclusive classroom, this book is a great place to start. It's also fantastic for building healthy self-esteem and resilience in every child.

The storyline is simple enough to keep young ones interest, but not something they might outgrow in a few years. We have used this as a tool to teach my daughter to love herself, and she repeats the title-phrase: "I like myself." Exactly the mantra we want her to have.

It's a fun book in many ways! Highly recommended!

Raising antiracist children -Britt Hawthorne (Adults)

If you are a parent, caregiver, grandparent, teacher, or living human being, you need to read this book and buy it for the people in your life. Britt has a beautiful way of communicating and giving language to many things that I have only been able to feel but not express.

The book is broken down into five parts: deepening our understandings, healthy bodies, radical minds, conscious consumption, and thriving communities. It lists all contributors with bio's, cites sources, offers additional reading recommendations for each section, bibliography, and index for easy reference.

My favorite part is probably the different activities, playful imagination examples, practical examples of incorporating lessons with children with questions and reflective prompts (on a walk, pointing out a crack in the sidewalk and asking your child why it is a problem and who it affects, then going home and calling 311 with your child to report the problem so it can be fixed) gentle ways to correct kids, ways to set boundaries with family, teachers, etc. and so much more.

I have read and will REREAD this book because it is so wonderfully supportive for parents and it has sparked deep conversations and action in my home.

Britt Hawthorne and Natasha Yglesias do a phenomenal job of incorporating community into this book by having multiple contributors share throughout the text. This component provides a community approach to antiracist work that is paramount towards change, while a multiple perspectives and ideas for families.



10 Movies to Educate & Entertain During Black History Month

Watch these movies with your kids and learn as a family. These Black history movies for kids were hand-picked to give the 10 and younger set an opportunity to watch and learn about some of the experiences, challenges, and triumphs of the Black community. Watch these movies with your child to tap into important conversations you can have during Black History Month and throughout the rest of the year.

Seattle's Playgarden

is a 1-acre fully fenced garden in Seattle whose mission is to provide children of all abilities a safe, accessible, and adventurous place to play. An intentionally inclusive play space, the garden hosts open play time, summer camps, preschool, and leadership trainings for children, as well as learning opportunities for adults, including the inclusion toolkit, lessons, trainings, and workshops.

Events

PAC Virtual Lecture: Neuroscience, Wellbeing, and Social Justice Thurs Feb 16th 7:30

Seattle Cherry Blossom Festival and Japanese Cultural Festival
April 14-16 at Seattle Center

"Children Can Be Climate Justice Activists, Too!" with Jamie Cho Apr 20 7:00 at the Madison Park Bathhouse. More info at Madison Park Co-op

Library Virtual Storytimes

- Rainbow Storytime Wed 11:30
- Tigrigna Storytime Wed 4:30
- Vietnamese Storytime Wed 6:30
- Mandarin Storytime Thur 11:00

Northwest African American Museum in-person and virtual events. Check out the monthly storytime 2nd Sun 1:00

Identity Discussion

Amongst your partners and peers please consider the idea of identity. What makes you YOU? It is important to understand our own identities before we begin to think about our children's identities or teaching our children about others.

This could include roles you hold in your family or work, language, culture and race, gender and sexuality, religious or personal beliefs, age, socioeconomics, education, passions and hobbies, physical attributes, ability or disability, personality traits, and temperament.

I enjoy the parent education night early on in the school year where we consider our child's temperament as well as our own. This is insightful information that can help you understand your child and your relationship with your child better.

When we begin to look at the varying and vast identities we hold it helps us to see how beautifully complex all humans are. We may hold some aspects closer and some looser. We can also begin to look at what privileges we hold.

Anti-Bias Definitions

Identity- the various characteristics that come together to represent an individual

Diversity- the wide variety of shared and different personal and group characteristics among human beings

Privilege- Unearned social power given by formal and informal institutions of society all all members of a dominant group

Intersectionality- the place where our multiple identities meet to either compound oppression or compound privilege (example a black woman and white woman do not experience sexism in the same way)