



BUILDING INCLUSIVE SCHOOLS MONTHLY EMAIL UPDATE

December 2007

Dear Educators,

Welcome to the December 2007 edition of the Building Inclusive Schools Monthly Email Update! The Virginia Center for Inclusive Communities is pleased to provide this service to educators across the Commonwealth to support your efforts at fostering respectful and affirming school communities. As always, feel free to contact our office by phone at (804) 515-7950 or by emailing Jonathan Zur, Vice President for Program Operations, at jzur@inclusiveva.org if we can provide more direct support of your work. You may also visit us online at <http://www.inclusiveva.org>.

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--- RESOURCES LIST: BODY IMAGE ---

This month's Resources List focuses on body image. Check out page 3 for information on "ready-made" diversity programs for schools, potential funding sources, curriculum ideas, reports, and more. Please also pass along resources you know for use in future emails!

--- ACTION PLAN PROFILE: SCHOOL SWAP ---

Each month, we seek to profile activities taking place in Virginia schools that promote inclusion, challenge assumptions, and advance understanding. As you hold programs in your school, please share information about them to be included in future monthly email updates! This month, we share an idea called "School Swap," in which teams of students from two different schools visit one another on designated dates. Student visitors shadow peers who serve as hosts for the day, attending classes and activities to fully understand and experience their host school. Following the visits, participants engage in structured conversation focusing on how class, geography, and race can impact school environments and student learning. Students are able to identify best practices and make recommendations for how their own schools can foster more inclusive and equitable environments. More information about the School Swap program is available at <http://www.nj.com/printer/printer.ssf?base/news-4/1195969513248600.xml&coll=1>.

--- PROGRAM SPOTLIGHT: PROJECT INCLUSION ---

Since 2001, the Virginia Center for Inclusive Communities has held the Project Inclusion program (formerly Unitown) for high schools across the Commonwealth. Designed for students and educators from a single school or district, Project Inclusion brings together up to 60 students and 15 educators for an intensive four-day, three-night residential experience. While at Project Inclusion, participants explore issues of diversity and prejudice, gain insight into their own lives and values, and develop action plans to share their learning with their sending school(s). Administrators have credited Project Inclusion with improving school climates, reducing incidents of bullying and violence, and building stronger connections between students and educators. For more information about this program and how to bring it to your school, contact the Virginia Center for Inclusive Communities today!



--- VIRGINIA EDUCATION ASSOCIATION HUMAN RELATIONS AWARDS ---

The Virginia Education Association presents several awards annually through the Leadership Development and Human Relations department. The Fitz Turner Award for Outstanding Contributions in Intergroup Relations honors an individual or organization for outstanding leadership and contributions which have enhanced the respect for human and civil rights in Virginia. The Mary Hatwood Futrell Award is presented for distinguished leadership in education. It honors an educator whose activities have fostered equality of educational opportunities and furthered the achievement of equality and excellence in education. The Fitz Turner Commission Youth Award is presented to a K-12 public school student or student organization whose achievements and activities in school have promoted positive intergroup relations and enhanced the dignity and esteem of others. Nominations for all 3 awards are due on December 17, 2007. For more information and to obtain nomination forms, visit http://www.veawetech.org/assoc_awards_detail.asp?ContentID=2291.

SCHOOL RESOURCES LIST

Focus: Body Image • December 2007

CURRICULUM *[Ways to integrate human relations issues into education]*

A Healthy Body Image

<http://www.uen.org/Lessonplan/preview.cgi?LPid=73>

Body Talk: Building Body Confidence

http://www.campaignforrealbeauty.com/dsef/pdfs/BodyTalk_Excerpt.pdf

Prejudice and Body Image

http://www.media-awareness.ca/english/resources/educational/lessons/elementary/body_image/prejudice_body_image.cfm

Reshaping Body Image

<http://www.tolerance.org/teach/activities/activity.jsp?ar=828>

PROGRAMS *[Initiatives and observances to advance character education]*

Inclusive Schools Week – December 3-7, 2007

<http://www.inclusiveschools.org>

No Name-Calling Week – January 21-25, 2008

<http://www.nonamecallingweek.org>

Random Acts of Kindness Week – February 11-17, 2008

<http://www.actsofkindness.org/>

Day of Silence – April 25, 2008

<http://www.dayofsilence.org>

ARTICLES & RESEARCH *[News for sharing with colleagues or as classroom discussion topics]*

Children and Weight: The Dilemmas

<http://www.bodypositive.com/childwt.htm>

Size Bias as a Social Classification

<http://www.tolerance.org/teach/activities/activity.jsp?p=0&ar=825&pa=3>

FUNDING *[Grant opportunities to recognize individual leadership or support class projects and clubs]*

Pay It Forward Mini-Grants – fund one-time-only service-oriented projects to benefit a school or community. Projects must contain a “pay it forward” focus, based on the concept of one person doing a favor for others, who in turn do favors for others, with the results growing exponentially

Up to \$500 Grants

<http://www.payitforwardfoundation.org/educators/grant.html>

Teaching Tolerance Grant Program – offers grants to K-12 classroom teachers for implementing tolerance and youth activism projects in their schools and communities

Up to \$2,500 Grants

<http://www.tolerance.org/teach/grants/guide.jsp>