



## BUILDING INCLUSIVE SCHOOLS MONTHLY EMAIL UPDATE

*December 2008*

Dear Educators,

Welcome to the December 2008 edition of the Building Inclusive Schools Monthly Email Update! The Virginia Center for Inclusive Communities is pleased to provide this service to educators to support your efforts at fostering respectful and affirming school communities. Archives of the email updates from previous months are available at <http://www.inclusiveva.org/resources.php>. As always, feel free to contact our office by phone at (804) 515-7950 or by emailing Jonathan Zur, Chief Operating Officer, at [izur@inclusiveva.org](mailto:izur@inclusiveva.org) if we can provide more direct support of your work.

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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, and more. Please also pass along resources you know for use in future emails!

### **--- CURRENT EVENTS: ELECTION & HOLIDAY GUIDES ---**

As our country continues to reflect upon and respond to the 2008 Presidential election, an educator in Maryland has shared helpful student discussion questions at <http://www.tolerance.org/teach/current/event.jsp?ar=985>. The lesson is particularly useful in response to statements or incidents of bias in a school or community. Also, during this time of year, many schools must consider religious diversity and the holiday season. The Anti-Defamation League has prepared guidelines and considerations to answer the question "How can I plan inclusive holiday celebrations?" at [http://www.adl.org/education/miller/q\\_a/answer15.asp?sectionvar=15](http://www.adl.org/education/miller/q_a/answer15.asp?sectionvar=15).

### **--- PROGRAM SPOTLIGHT: CUSTOMIZED WORKSHOPS ---**

In addition to our well-respected collection of established statewide and local human relations programs including Break the Cycle: Be the Change, Connections, Project Inclusion, and the Prejudice Awareness Summit, the Virginia Center for Inclusive Communities can work with you to design and customize programs to meet your school's specific needs. Sessions can be designed to address a particular issue (gender, race, sexual orientation, etc.), develop a particular skill (communication, conflict resolution, leadership, teambuilding, etc.), or can broadly address a range of human relations topics. Programs can be designed for a few hours or a few days and can be geared toward age groups ranging from middle school to adults. All customized workshops are developed after the Virginia Center for Inclusive Communities' experienced human relations professionals meet and plan with key stakeholders from the sponsoring institution. For more information, please contact the Virginia Center for Inclusive Communities.



### **--- STUDENT ESSAY, MEDIA, AND CREATIVE EXPRESSION CONTESTS ---**

Several national contests have been announced that relate to building inclusive schools! Please consider including your students in the following opportunities:

**(1) Teachers Against Prejudice Essay and Media Contest (Deadline: December 15, 2008)**

[http://www.teachersagainstoprejudice.org/files/2008\\_2009\\_Essay\\_Contest\\_Letter.pdf](http://www.teachersagainstoprejudice.org/files/2008_2009_Essay_Contest_Letter.pdf)

**(2) No Name Calling Week Creative Expression Contest (Deadline: February 13, 2009)**

<http://www.nonamecallingweek.org/cgi-bin/iowa/all/news/record/57.html>

**(3) Doors to Diplomacy Collaborative Web Project Challenge (Deadline: February 28, 2009)**

<http://globalschoolnet.org/gsndoors/aglance.cfm>

### **--- 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, 2008. For more information about the awards, visit <http://www.veanea.org/classroom/images/ftc-awards-info-2008-09.pdf>. The nomination form is available at <http://www.veanea.org/classroom/images/ftc-nomination-form-2008-09.pdf>.

### **--- ABOUT THE VIRGINIA CENTER FOR INCLUSIVE COMMUNITIES ---**

The Virginia Center for Inclusive Communities (<http://www.inclusiveva.org>) is a human relations organization that promotes inclusion, challenges assumptions, and advances understanding through dialogue, experiential learning, and education. Each year, Inclusive Communities conducts educational programs, conferences, retreats, and workshops for thousands of youth, educators, community members, non-profit organizations, and corporate and business leaders. These events and experiences teach participants not simply to notice differences, but also to respect variety in race, religion, and culture. We deliver our message in schools, houses of worship, the community, and in the workplace. Originally founded as the Virginia Region of the National Conference of Christians and Jews, the Virginia Center for Inclusive Communities has concluded our association with NCCJ and has joined with many of our fellow offices across the country to form the National Federation for Just Communities (<http://www.federationforjustcommunities.org>), a new movement fighting prejudice in all its forms.



## **SCHOOL RESOURCES LIST**

*Focus: Body Image • December 2008*

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

#### **Dying to Be Thin**

[http://www.pbs.org/wgbh/nova/teachers/activities/2715\\_thin.html](http://www.pbs.org/wgbh/nova/teachers/activities/2715_thin.html)

#### **Ideal Weight, Cultural Stereotypes, and Eating Disorders**

<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson1.html>

#### **Kellogg Special K Ads**

[http://www.media-awareness.ca/english/resources/educational/lessons/secondary/advertising\\_marketing/special\\_k.cfm](http://www.media-awareness.ca/english/resources/educational/lessons/secondary/advertising_marketing/special_k.cfm)

#### **Your Own Healthy Style: A Middle-School Curriculum to Enhance Body Image**

<http://opi.mt.gov/PDF/Health/BodyImageCurr.pdf>

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

#### **Inclusive Schools Week** – December 1-5, 2008

<http://www.inclusiveschools.org>

#### **No Name-Calling Week** – January 26-30, 2009

<http://www.nonamecallingweek.org>

#### **Random Acts of Kindness Week** – February 9-15, 2009

<http://www.actsofkindness.org>

#### **Day of Silence** – April 17, 2009

<http://www.dayofsilence.org>

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

#### **A Guy's Guide to Body Image**

[http://kidshealth.org/teen/your\\_body/beautiful/male\\_bodyimage.html](http://kidshealth.org/teen/your_body/beautiful/male_bodyimage.html)

#### **Body Image and the Health Promoting School**

[http://www.chdf.org.au/i-cms\\_file?page=81/vh29.pdf](http://www.chdf.org.au/i-cms_file?page=81/vh29.pdf)

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

#### **Teach Something Grants** – funding to individuals for projects connected to the theme of improving education in your community in a measurable way

*\$500 Grants*

*Deadline: December 15, 2008*

<http://www.dosomething.org/grants/teachsomething>

#### **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>