

Diversity, Equity, and Inclusivity

Advancing Equitable Opportunities



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October Cultural Heritage Highlights



When the calendar turns to October, German American Heritage Month goes into full swing. From festivals and parades to history lessons and celebrations, flavors and sounds fill the month of October.

As early as 1683, families from Germany began settling in Pennsylvania. Ever since then, waves of immigrants brought their ingenuity and perseverance to the United States.

[German American Heritage Museum of Washington D.C.](#)

Learn about Oktoberfest on PBS: <https://ny.pbslearningmedia.org/resource/78a49e97-f535-41c8-a418-e0da8cd46f6e/oktoberfest-all-about-the-holidays/>



Benvenuti! (Welcome!) Italian-American Heritage Month is an annual designation observed in October. During this time, we celebrate the Italian-American culture, and spread the word about the traditions that come with it. Italian-Americans have made many contributions to the U.S., especially in art, humanities, and sciences. In 1880, Italians began migrating to the U.S. to flee rural poverty in Southern Italy and Sicily, and today, Americans of Italian descent are the nation's fifth-largest ethnic group.

[Educational Events about Italian American Heritage Month at Hofstra University](#)



Filipino Americans are the second-largest Asian American group in the nation and the third-largest ethnic group in California, after Latinas/os and African Americans. The celebration of Filipino American History Month in October commemorates the first recorded presence of Filipinos in the continental United States, which occurred on October 18, 1587, when "Luzones Indios" came ashore from the Spanish galleon Nuestra Señora de Esperanza and landed at what is now Morro Bay, California.

[For more information about Filipino American History](#)

[For ways to celebrate Filipino American History](#)

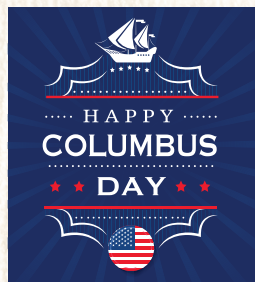


Indigenous Peoples' Day honors the histories, cultures, and perspectives of Indigenous peoples and their ancestors who lived on the land now known as North America. They existed in these areas for thousands of years before the first European explorers arrived. Indigenous Peoples' Day is celebrated annually on the second Monday in October. In 2023, it will be observed on Monday, October 9.

[Find ways to celebrate Indigenous People Day](#)

National Museum of the American Indian—transforming teaching and learning about Native Americans: <https://americanindian.si.edu/nk360>

National Museum of the American Indian—search educational resources: <https://americanindian.si.edu/nk360/lessons-resources/search-resources>



Columbus Day is observed in the United States on the second Monday of October. It recognizes the historic voyage and arrival of Italian explorer, Christopher Columbus who sailed to the Americas on October 12, 1492. Columbus Day is **Monday, October 9th**.

Visit the History Channel: [For more information about Columbus Day](#)

Watch Christopher Columbus on PBS World Explorers: <https://ny.pbslearningmedia.org/resource/58b6bd78-c924-4d32-b48d-d9590b862ff5/columbus-pbs-world-explorers/>



World Teachers' Day is held annually on October 5th. It is a day to celebrate teachers and the central role they play in guiding children, youth and adults through the life-long learning process.

[For more information about World Teacher's Day](#)

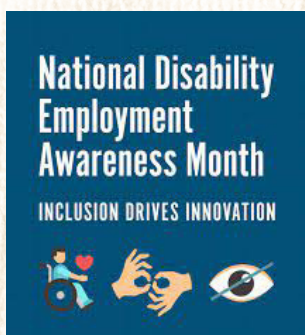


In 2006, [PACER's National Bullying Prevention Center](#) declared the first week of October a time to educate and raise awareness about bullying prevention. Their goal was to change the prevalent view that bullying was just a childhood rite of passage, something every kid had to go through. They pointed out that bullying raises school absentee rates, decreases student performance, and increases physical and mental stress. The center argued that teachers and families needed to work together to create a climate where bullying was not tolerated.

Meaningful ways to observe National Bullying Prevention Month in 2023: <https://www.weareteachers.com/national-bullying-prevention-month/>

The Harvard trick that has transformed my classroom management: <https://www.weareteachers.com/harvard-classroom-management-trick/>

28 must-read anti-bullying books for kids of all ages: <https://www.weareteachers.com/14-must-read-anti-bullying-books-for-kids/>

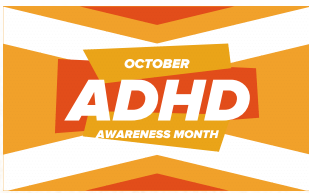


Observed each October, National Disability Employment Awareness Month (NDEAM) celebrates the contributions of America's workers with disabilities past and present and showcases supportive, inclusive employment policies and practices that benefit employers and employees. The theme for 2023 is "Advancing Access and Equity."

More about NDEAM (in English): <https://www.dol.gov/agencies/odep/initiatives/ndeam>

More about NDEAM (en español): <https://www.dol.gov/agencies/odep/initiatives/ndeam/spanish>

Watch a video and learn more: <https://youtu.be/e96nbW0ZiBY>



ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognized as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognized as an adult problem too. The cause is an imbalance in the brain's anatomy and its wiring.

How did ADHD Awareness Month Get Started? A resolution was passed by the United States Senate that declared September 7th as National Attention Deficit Disorder Day in 2006. From there it grew into a full month by 2004. The aim of the campaign is to raise awareness of ADHD, by providing information that is reliable. The information is based on research and scientific evidence.

CHADD: Moving Forward with ADHD: <https://chadd.org/awareness-month/>

New to ADHD? Watch video here: <https://youtu.be/1aJdSwHLcNA>

Video: ADHD, Young Adults, and Their Parents: <https://youtu.be/-JJcaqlICDw>



NAVRATRI Sun, Oct 15, 2023 – Tue, Oct 24, 2023

The Hindu nine-day festival celebrating the triumph of good over evil. This festival worships god in the form of the universal mother commonly referred to as Durga, Devi or Shakti, and marks the start of fall.

Learn more about Navratri on PBS:

<https://www.pbs.org/video/religion-ethics-newsweekly-navaratri/>



Breast cancer awareness month is a global healthcare event for the awareness of breast cancer, which is reminisced for the entire month of October every year for the past 37 years.

For events and more information click here:

<https://www.luckytolivehererealty.com/blog/breast-cancer-awareness-events-on-long-island>

Susan G. Komen Foundation: Inequities in Breast Cancer Outcomes:

<https://youtu.be/8WqXaioqSR0>



National Coming Out Day was first celebrated in 1988. Over 30 years later, it's still in our calendars – but why do we need it?

National Coming Out Day is an annual celebration which takes place on 11 October every year. It was first celebrated on the one-year anniversary of the 1987 National March on Washington for Lesbian and Gay Rights – a date chosen to honor the bravery of LGBTQ+ individuals who decide to come out and live openly. Although it started off as an American awareness day, the meaning of National Coming Out Day is still highly relevant to LGBTQ+ communities across the world today.

Learn more: <https://www.glsen.org/event/national-coming-out-day>

<https://www.hrc.org/campaigns/national-coming-out-day>

Parents of LGBT People Support Group: <https://lgbtnetwork-org.zoom.us/j/zoom-meeting/register/tZYscuyprDkpHdDnxomENNS7mDJnxjnrUq7i>

Thursday, 10/12 | 7:00 PM | Virtual

