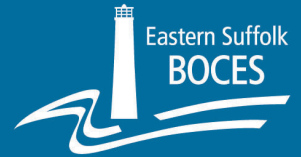


Diversity, Equity, and Inclusivity

Advancing Equitable Opportunities



Office of Diversity, Equity, and Inclusivity | 201 Sunrise Highway, Patchogue, NY 11772 | 631-687-3028 | esbocesdei@esboces.org

October 2024 Cultural Heritage Highlights



Filipino American History Month

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 Senora de Esperanza and landed at what is now Morro Bay, California.

Learn more:

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

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



German American Heritage Month

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.

Learn more:

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

[Oktoberfest | All About the Holidays](#)



Italian American Heritage Month

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.

Learn more:

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

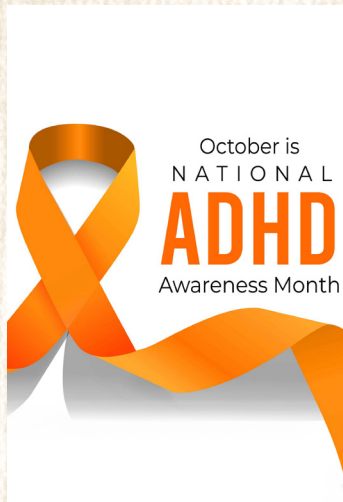


Polish-American Heritage Month

October commemorates the first Polish settlers in the United States. It also notes the deaths of two military leaders who fought in the American Revolution, General Kazimierz Pulaski and Tadeusz Kosciuszko.

Learn more:

[Polish-American heritage, Polish Americans, and a Polish recipe](#)



ADHD Awareness Month

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 issue 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. 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.

Learn more:

[All about ADHD Awareness Month](#)

[Children and Adults with Attention Deficit Disorder \(CHADD\)](#)



Breast Cancer Awareness Month

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 38 years.

Learn more:

[Events and more information](#)

[Inequities in breast cancer outcomes](#)



Domestic Violence Awareness Month

Millions of Americans are victims of domestic violence. In order for them to make the choice to leave safely, they need help and access to resources. This month is a campaign for domestic violence education as well as a reminder that simple actions can create a big change in victims' lives.

Learn more:

[NY State Office for the Prevention of Domestic Violence](#)



Family History Month

Learning where our ancestors came from gives insights into our family experiences and makeup of our lineage. This month is the chance for you to dig into genealogy and find out the gems of information that have been hiding within you since before you were born.

Learn more:

[Library of Congress: How to Discover Your Family History](#)



LGBTQ History Month

Not to be confused with Pride Month, LGBTQ History Month celebrates the massive changes in the last few decades with those who identify as LGBTQIA+. This month, we celebrate marriage equality, honor preferred pronouns, and reflect on how far we have come with LGBTQIA+ rights.

Learn more:

[Announcing the 2024 LGBT History Month Icons](#)



National Bullying Prevention Month

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.

Learn more:

[Meaningful ways to observe National Bullying Prevention Month](#)

[The Harvard trick that has transformed my classroom management](#)

[39 must-read anti-bullying books for kids of all ages](#)



National Coming Out Day

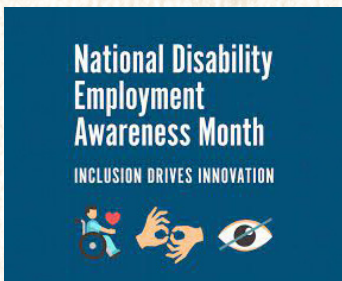
National Coming Out Day was first celebrated in 1988. Over 30 years later, it's still in our calendars – but why do we need it?

National Coming Out Day is an annual celebration which takes place on October 11 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:

[National Coming Out Day and the Human Rights Campaign](#)

[LGBT Network: programs and services](#)



National Disability Employment Awareness Month

Each October, during National Disability Employment Awareness Month, or “NDEAM,” we celebrate the value and talent workers with disabilities add to America’s workplaces and economy. NDEAM’s purpose is to confirm our commitment to ensuring disabled workers have access to good jobs, every month of every year. That’s the spirit behind this year’s official theme: “Access to Good Jobs for All.”

Learn more:

[U.S. Department of Labor—learn about NDEAM in English](#)

[U.S. Department of Labor—learn about NDEAM in Spanish](#)



National Work and Family Month

Flexibility. Composure. Balance. Whatever you want to call it, we’re pushing people to create harmony within their work and family lives. Work can be demanding of a person, making it difficult to prioritize their family lives over what needs to be done for their paycheck. This month is the time to focus on how to better support your organization so that balance is easier.

Learn more:

[National Work and Family Month history, FAQs, activities, and more](#)



October 2 – Rosh Hashanah

Rosh Hashanah is the beginning of the year according to the traditional Jewish calendar. In 2024, Rosh Hashanah begins at sunset on Wednesday, October 2.

Learn more:

[Rosh Hashanah Date, Meaning, and Traditions](#)



October 2 – International Day of Nonviolence

The International Day of Nonviolence is also Mahatma Gandhi's birthday. As a pioneer of non-violence philosophy and strategy, Gandhi paved the way for us to say no to violence. Today, we encourage you to disassemble the message of non-violence... through education, public awareness, and the values of Gandhi himself.

Learn more:

[Mahatma Gandhi, the struggle for nonviolence, and more](#)



October 5 – World Teachers' Day

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.

Learn more:

[Unesco explores World Teachers' Day](#)



October 10 – World Mental Health Day

We've gone through a global pandemic that has shaken us all mentally. In the United States, we're currently going through a recession. The stressors and anxieties are piling up on all of us and enough is enough. It's time to take mental health seriously, not just in the United States, but worldwide. The first World Mental Health Day's theme was: "Improving the Quality of Mental Health Services throughout the World"

Learn more:

[The World Federation for Mental Health presents the WFMH Global Campaign 2024](#)

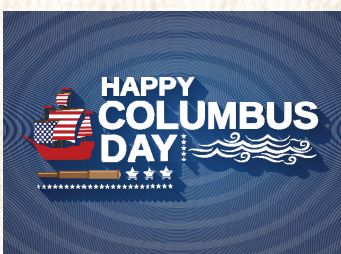


October 12 – Yom Kippur

In 2024, Yom Kippur begins at sundown on Friday, October 11 and ends at sundown on Saturday, October 12. Yom Kippur means "Day of Atonement" in Hebrew. This is the holiest Jewish holiday of the year and ends the ten days of High Holidays or "Days of Awe," which begin with [Rosh Hashanah](#).

Learn more:

[Yom Kippur Dates, Meaning, and Traditions](#)



October 14 – Columbus Day

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 14.

Learn more:

[Explore Columbus Day on the History Channel](#)

[Watch Christopher Columbus on PBS World Explorers](#)



October 14 – Indigenous Peoples' Day

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 2024, it will be observed on Monday, October 14

Learn more:

[Indigeneous Peoples' Day in New York](#)

[National Museum of the American Indian—transforming teaching and learning about Native Americans](#)

[Search NativeKnowledge 360° \(NK360°\) Educational Resources](#)



October 16 – Bosses' Day

Bosses' Day is dedicated to employers for all their hard work. While there is some controversy around the celebration of Bosses' Day, this is an opportunity to strengthen the relationships between bosses and their employees. [National Boss's Day](#) was started by Patricia Bays Haroski, an employee at State Farm Insurance. Her boss was also her father (cute!), and so to honor him, she registered his birthday, October 16, with the US Chamber of Commerce in 1958 as an official holiday.

Learn more:

[5 Creative Ways to Celebrate National Boss's Day](#)



October 16 – International Pronouns Day

International Pronouns Day began in 2018 and takes place on the 3rd Wednesday of October each year. She. He. They. Them. Ve. There are actually several pronouns, both gender-based and gender-neutral, making it more important than ever to ask individuals' preferred pronouns and to make a conscious effort to use them. And if no one is asking, let this be the encouragement to share yours, even if you feel it's "obvious." Today, we not only respect the use of preferred pronouns, we celebrate it with all of the Hirs, Sies, Eirs, etc. And yes, that includes all the hims and hers.

Learn more:

[About International Pronouns Day/questions about pronouns answered](#)



October 17 – Spirit Day (LGBTQIAA+ anti-bullying)

Spirit Day is an annual observance that takes place on the third Thursday in October which is October 17 this year. This day aims to create awareness for the bullying and harassment that the L.G.B.T.Q community faces. Millions of people worldwide identify as queer, and many more are yet to publicly declare their status. Such a large community of people shouldn't be alienated or marginalized because of their sexual orientation. But the reality, sadly, is that they are. All over the world, L.G.B.T.Q youths suffer harassment because of their identity. There is a need for transgender individuals to have more protected rights.

Learn more:

[History of Spirit Day, FAQs, activities, and more](#)

[What is Spirit Day? / take the pledge](#)



October 21 – Durga Puja (10-day) Hindu Festival Starts

Durga Puja is a 10-day festival that pays tribute to the Hindu Goddess, Durga. There are many variations of the festival, but all are elaborately grand and filled with rituals. This is a time to reunite with friends, family, and the community while appreciating the Bengali culture and art.

Learn more:

[Q & A about Durga Puja](#)



October 22 – International Stuttering Awareness Day (ISAD)

The 2024 ISAD theme is "THE POWER OF LISTENING –

People Who Stutter Have the Unique Opportunity to Teach the World to Listen." Even though many people think of it as being "stuck" with a single word, there are actually several other forms of stuttering and there is no one single cause for it. This day is an opportunity to educate on the different causes as well as how to best support those who experience it firsthand.

Learn more:

[Stuttering Awareness Day: Did You Know?](#)



October 31 – Halloween

Halloween is known as one of the creepiest holidays of the year, and yet it's one of the biggest sources of joy. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

Learn more:

[Halloween Facts for Kids | Origins, History, Traditions and More!](#)

[Halloween Quiz for Kids by Miss Ellis](#)



October 31 – Dia de los Muertos begins

Day of the Dead is a traditional Mexican holiday that celebrates their ancestors by setting up altars with favorite foods, drinks, and photos. Though the day may be full of honoring the dead, it's full of lively celebration including laughter and joy. In keeping with the Catholic calendar, Dia de los Muertos is celebrated over a three-day period from the eve of October 31 through the eve of November 2. Preparations typically begin months before the holiday is celebrated.

Learn more:

[What is Día de los Muertos? An expert explains the holiday celebrating loved ones who have died](#)

