

# DEI Committee NEWSLETTER



APRIL  
IS  
AUTISM  
ACCEPTANCE  
MONTH



## April is Autism Acceptance & Arab American Heritage Month!

Here are some ideas of what you could do in your classroom or at your school:

- [Choose a new book about autism](#) or [about Arabs and Arab Americans](#) to read with your students.
- Check out this [list of resources and ideas](#) for celebrating Autism Acceptance month.
- [National Arab American Heritage Month Classroom Activities](#)
- Learn more about [ASAN, the Autistic Self Advocacy Network](#), a nonprofit founded by and for autistic people.
- Learn about how [race](#), gender identity, and [other factors](#) impact autism diagnosis and treatment.
- [Arab American Heritage Month Resource Guide](#)
- Watch [the youtube series "Ask an Autistic"](#) to learn more about autism from the perspective of an autistic person.

## Calendar - April

Source: Various

April is [Autism Acceptance Month](#), [National Arab American Heritage Month](#), and [Celebrate Diversity Month!](#)

For more information about the following events and holidays, [click here](#):

**March 22 - April 23** (sunrise to sundown): Ramadan, an Islamic holiday marked by fasting, praise, prayer, and devotion to Islam

**April 1:** Lazarus Saturday, in some Christian Churches

**April 2:** World Autism Day, created to raise awareness around the globe

**April 2:** Palm Sunday, a Christian holiday commemorating the entry of Jesus into Jerusalem.

**April 4:** Mahavir Jayanti, a Jain holiday commemorating the birth of Lord Mahavira.

**April 4:** Lord's Evening Meal, when Jehovah's Witnesses commemorate the Last Supper.

**April 5–April 13:** Passover, an eight-day Jewish holiday celebrating the emancipation of the Israelites from slavery in ancient Egypt

**April 6** International Asexuality Day

**April 6:** Holy Thursday (Maundy Thursday), celebrating the Last Supper between Jesus and the Apostles.

**April 7:** Good Friday, a day for Christians to commemorate the execution of Jesus by crucifixion.

**April 9:** Easter, a Christian holiday to recognize Jesus' return from death

**April 14:** Vaisakhi (Baisakhi), the celebration of the founding of the Sikh community

**April 14:** The Day of Silence, to protest the silencing of LGBTQ+ students and allies

**April 14:** Greek Orthodox Good Friday

**April 15:** Greek Orthodox Holy Saturday, the holy day between Good Friday and Easter

**April 16:** Greek Orthodox Easter Sunday

**April 17:** Greek Orthodox Easter Monday, the second day of Easter

**April 17–18:** Yom HaShoah, Israel's day of remembrance for the six million Jews who perished in the Holocaust

**April 18:** Laylat al-Qadr, commemorating the night that the Quran was first revealed to the prophet Muhammad.

**April 20–May 2:** The Festival of Ridvan, a Bahá'í holiday, for when Bahá'u'lláh, the prophet-founder, publicly proclaimed his mission

**April 22:** Earth Day promotes world peace and sustainability.

**April 23:** St. George's Day, celebrated by various Christian churches

**April 24:** Armenian Martyrs' Day recognizes the genocide of 1.5 million Armenians between 1915 and 1923 in Turkey.

**April 29:** Ninth Day of Ridvan, a festival of joy and unity in the Bahá'í faith.

We are accepting submissions: [Contact us](#) to contribute to this newsletter in the future.

## NEC DEI-related events

**DEI Committee Meeting:** Join us for our monthly meeting on Tuesday, April 11 at NSAU, from 3-4.

**Outside PD Opportunities:** April 3 [Supporting LGBTQ Students In and Out of the Classroom: Family Engagement and Inclusive Curriculum](#)

April 6 [Supporting Immigrants in the School and in the Community](#)

**Mailing List Link:** [tinyurl.com/nsecdiversity](https://tinyurl.com/nsecdiversity)  
Join our mailing list to get regular updates on DEI-themed PD, articles, videos and more!

## DEI Keyword of the Month : Meltdown

Meltdowns are common with those who are on the autism spectrum. They don't happen because of anger or frustration, but instead are the body's way of reacting to an over-stimulating situation; there is just too much information for the child's brain to process. Examples: For some children, an amusement park can produce more sensory information, including sights, sounds and smells faster than a child can process it. For other children, the prospect of making a large number of decisions can cause a meltdown. For these kids, something as simple as trying on new clothes for school or taking a major test can cause a meltdown. Many experts think meltdowns are the result of the "fight or flight" response to danger.

## DEI Article of the Month:

[Autism, Meltdowns, and the Struggle to Manage Emotion](#)

## NEC Community Spotlight: Bubbie's Kneidlach

Passover, also known as Pesach, is an 8 day Jewish holiday that celebrates the Israelites' escape from slavery in Egypt. During Passover, families gather for a special meal called the Seder. During the meal, the history of the Exodus from Egypt is retold and foods are eaten to symbolize different parts of the story. For example, parsley is dipped in salt water to symbolize the salty tears that the Jews shed during their slavery in Egypt and matzah is eaten to remember how the Israelites could not wait for their bread to rise when they were fleeing Egypt.

At TVA, culinary students worked together to create part of the Passover Seder for their peers. Students made and shared Matzah Ball Soup during lunch.



If you are interested in making your own Matzah Ball Soup, check out [THIS RECIPE](#).

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