

DIVERSITY, EQUITY & INCLUSION

Monthly Newsletter

MENTAL HEALTH

May is Mental Health Awareness Month. The stigma around mental health and treatment has been around for a very long time. Although this is starting to change, people still hesitate to seek treatment or talk to others due to fear of judgement. If our physical body is hurt, we may seek treatment to get better. However, many do not seek help or treatment for depression, stress, anxiety, and/or mental illness. Many self medicate. Monitor yourself for disrupted sleep, excessive fatigue, irritability, and marked anxiety. Seek professional help if symptoms persist. Reach out to family, friends, and community groups to maintain social connections. Exercise helps too. Consider walking, biking, yoga, playing catch, etc. A short walk is better than nothing at all. Also, ask for support, assess the situation, make necessary changes, and move forward with a plan.



"If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it."
-Russell Wilson

Contact us DEI@apsva.us

Follow us on Twitter [@DEI_APS](https://twitter.com/DEI_APS)

RECENT UNFORTUNATE EVENTS 2022

In Uvalde, Texas 19 children and 2 teachers died after a school shooting in an elementary school. Students, teachers, administrators, and staff should not fear for their lives daily.

In Buffalo, New York 10 shoppers and workers at a supermarket were killed by a gunman. People shopping and doing every day tasks should not fear for their lives either.

Many mass shootings have taken place in our nation in recent years. Seeing the faces of the victims is very difficult. They had hopes, dreams, and loved ones that will miss them dearly.

WHAT WE'RE READING

DEI participates in a book study or documentary every 6 weeks to deepen our knowledge and sharpen our skills. We encourage you to discuss along with us.



Reading: [I am Malala: How One Girl Stood Up for Education and Changed the World](#) by Malala Yousafzai

DEI SUMMER SYMPOSIUM

Teachers and staff will explore strategies and practices to integrate diversity, equity, inclusion and belonging into schools and classrooms. This optional day will include panels, breakout, and general sessions throughout the day to provide guidance and thought leadership. An integral opportunity for all staff to identify where they are on the journey towards inclusive excellence and ways to contribute to the district's vision to be an inclusive community.

Please register in Frontline:

[DEI2023 Diversity, Equity & Inclusion Symposium \(Secondary\)](#)
[DEI2023 Diversity, Equity & Inclusion Symposium \(Elementary\)](#)

DRESS FOR SUCCESS AT ACC

The Dress for Success Event at the Arlington Career Center (ACC) took place on May 11, 2022 from 3:30 - 7 p.m. Male students were taught etiquette while eating dinner, dressed in suits donated by staff, parents and ACC community, and taught how to tie their ties by men from Arlington Public School staff and community.

This was an enriching experience for everyone involved.

See pictures from the event [here](#).