
March 2024 Diversity Messaging

National Women's History Month



To learn more, visit: [Women's History Month](#)

Women's History Month celebrates the contributions of women in history, society, and culture. It is annually observed in the United States and other countries, including the United Kingdom and Australia. March was selected as Women's History Month to correspond with International Women's Day on March 8th.

Accomplishments of Women in History

Rosa Parks (1913-2005) – sparked the Montgomery, AL boycott
Rosalind Franklin (1920-1958) – Discovered DNA's density and Molecular Structure
Shirley Chisholm (1924-2005) – First Black Women elected to Congress
Sandra Day O'Connor (1930-2023) – First Woman appointed to U.S. Supreme Court
Ruth Bader Ginsburg (1933-2020) – Supreme Court Justice and pioneer for women's rights and gender equality
Madeleine Albright (1937-2022) – First female Secretary of State
Sally Ride (1951-2012) – First American woman to travel to space
Kamala Harris (1964-Present) – First African American/South Asian to become Vice-President

Irish American Heritage Month



For more information, visit:
[Irish American Heritage Month](#)

National Irish American Heritage Month is a month-long celebration dedicated to honoring the contributions and achievements of Irish immigrants and their descendants in the United States. From arts to politics, business to sports, the Irish American community has played a pivotal role in shaping the nation.

Did You Know?

- There were 34.5 million Americans who claimed Irish ancestry, which is more than Ireland's population in 2011.
- As many as 4.5 million Irish arrived in America in the 19th Century.

Developmental Disabilities Awareness Month



For more information, visit:
[D.D.A.M.](#)

National Developmental Disabilities Awareness Month (D.D.A.M.), observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face.

The Importance D.D.A.M.

- Increases awareness in the community, the workplace, health care facilities, and schools.
- Disability inclusion - understanding the way people function, how they participate in society, and ensuring they can participate.
- **Developmental Disabilities**
 - Autism Spectrum Disorder (A.S.D)
 - Cerebral Palsy (C.P.)
 - Intellectual Disability (I.D.)
 - Attention Deficit Hyperactivity Disorder (A.D.H.D.)
 - Learning Disabilities

Maha Shivaratri - Hindu

March 8th



For more information, visit:

[Maha Shivaratri](#)

Maha Shivaratri directly translates to 'the Great Night of Shiva,' as it is presumably the night Shiva performed the Tandava Nritya, a dance of preservation, creation, and destruction. It is also believed to be the night Shiva drank the poison of negativity, holding it in his throat to save the world, which turned his throat blue. Another belief is that this was the day Shiva reunited with his love Parvati.

Why is this day important to the Hindu culture?

- It encourages individuals to have introspect, analyze one's own actions, & accept others as they are.
- Leave obstacles behind and walk a path of righteousness.
- It is believed that Shiva is the one who creates, protects, and transforms the universe.

Harriet Tubman Day

March 10th



To learn more, visit:

[CNN - Legacy of Harriet Tubman](#)

Harriet Tubman is most notable for "The Underground Railroad." Once Tubman was free, she vowed to return and free her family and friends. Over the next 10 years, she successfully made more than a dozen trips to free enslaved people according to the National Park Service.

More Facts about Tubman's Heroic Efforts

- After Congress passed the Fugitive Slave Act of 1850, Tubman rerouted the railroad to Canada.
- Tubman claimed she never lost a passenger on the Underground Railroad
- She rescued around 300 enslaved people.
- During the Civil War, she served as a spy, scout, nurse, & cook for the Army.
- Tubman helped the Army rescue more than 700 enslaved people in South Carolina.

Ramadan - Islamic

Begins March 10th



For more information, visit:

[Britannica - Ramadan](#)

Ramadan is the ninth month of the Muslim calendar and is the holy month of fasting. Ramadan begins and ends with the appearance of the crescent moon. The Islamic tradition states that it was during Ramadan, on the "Night of Power," which is about the 27th night that God revealed to Prophet Muhammad the Qur'an, Islam's holy book.

How is Ramadan Observed?

- A period of introspection, communal prayer at mosque, & reading of the Qur'an
- Fast - refrain from food, drink, immoral behavior, & unkind thoughts
- After sunset prayer, gather with friends & extended family to break fast

World Down Syndrome Day

March 21st



World Down Syndrome Day 2024 calls for an effort to, "End the Stereotypes." Some of the stereotypes for people with Down Syndrome include:

- Not able to work a regular job.
- Not able to perform basic life skills.
- The inability to take regular college courses.
- Down Syndrome is a sickness instead of a condition.

How to End the Stereotypes

- Understand that each person with Down Syndrome is different.
- People with Down Syndrome are "people first" and should be treated as such.
- View people for their abilities, not their limitations.
- Learn more about World Down Syndrome Day at WorldDownSyndromeDay.org

Purim – Jewish (Sundown to Sundown)

March 23rd – 24th



For more information, visit:
[My Jewish Learning - Purim 2024](#)

Purim, also called the Festival of Lots, commemorates the saving of the Jewish people from Haman in the ancient Persian Empire, a story recorded in the Biblical Book of Esther (Megillat Esther).

Common Practices on Purim

- Give gifts to the less fortunate.
- Read the megillah, the Purim story.
- Eat a festive meal, or seudah.
- Give food gifts (mishloah manot) to friends.
- Eat triangle shaped cookies called hamantaschen (named for the villainous Haman).
- Synagogues & communities hold plays and festivals.

Holi - Hindu

March 25th



For more information, visit:
[Pujahome - Holi Festival](#)

Holi celebrations serve as a reminder of the triumph of good over evil, reflecting the Hindu belief that faith and devotion leads to salvation that can be attained by everyone who believes.

This festival is observed at the end of the winters in the month of March after the full moon. A day before Holi a large bonfire is lit that helps in burning out the evil spirits and that whole process is called Holika Dahan.

The Festival of Colors

During Holi, people come together to celebrate the arrival of spring and engage in a time of fun, frolic, and color. People play with colored powders and water, smearing each other's faces and clothes with bright hues.

Good Friday - Christian

March 29th



For more information, visit:
[Good Friday](#)

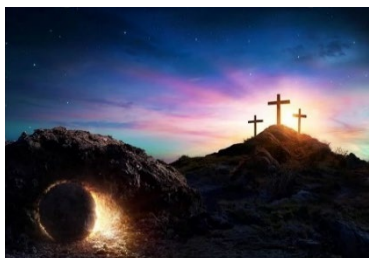
Good Friday is the day when Christians commemorate the crucifixion and death of Jesus Christ. The Easter date depends on the ecclesiastical approximation of the March equinox. This is an important event in Christianity, as it represents the sacrifices and suffering in Jesus' life. The crucifixion was the culmination of several events which occurred during Holy Week.

Significant Events During Holy Week

- Return of Jesus to Jerusalem on Palm Sunday.
- The washing of the disciples' feet by Jesus.
- The Last Supper on the Thursday before Good Friday.
- Judas Iscariot betrays Jesus at the Garden of Gethsemane.
- Peter denies Jesus three times.
- The crowd chooses Barabbas (a thief) over Jesus to be crucified.
- Jesus is crucified on the cross.

Easter - Christian

March 31st



For more information, visit:
[Traditions of Easter Sunday](#)

Easter is a Christian holiday which commemorates the resurrection of Jesus Christ. Although, there may be theological arguments around the actual date of Easter, Jesus' rise from the grave on the 3rd day after the crucifixion, has been irrefutable among Christian believers.

Easter Observances

- Sunrise Service – symbolizes Jesus' early rise from the grave.
- Church services with music, flowers, candlelight and ringing of church bells.
- Ministers preach a message of the accounts of Jesus' after the resurrection.
- Breakfast, lunch, and/or dinner feasts.
- Believers dress in bright colored spring clothing.
- Children have plays, decorate eggs, and attend Easter Egg Hunts.