

# BLACK HISTORY MONTH

Helpful Information and Resources for FCUSD

# BLACK HISTORY MONTH

FEBRUARY 1  
MARCH 1

- Tips for Honoring Black History Month
- Black History Month Themes
- Leaders in Health and Wellness
- Lesson Plan Ideas
- Spotlight on FCUSD Employees





# 01

## **TIPS FOR HONORING BLACK HISTORY MONTH.**

Mindful, truthful, courageous conversations  
promote powerful learning.

# TIPS FOR TEACHERS: HONORING BLACK HISTORY MONTH

**Know your own story.** Teacher educator Yolanda Sealey-Ruiz uses the phrase “Archaeology of the Self” to describe how teachers should dig deep, peel back layers of themselves and think about how issues of race, class, religion and sexual identity live within. Recognize that what is beneath these layers will affect relationships with your students. And if these issues go unexamined, they may even cause harm. Teaching requires more than academic study. Re-evaluate why you teach and be willing to think beyond pedagogy to holistically serve Black students. Practice critical humility and avoid speaking for Black students and their communities.

(Dillard 2019)



# TIPS FOR TEACHERS: HONORING BLACK HISTORY MONTH

**Decolonize your curriculum.** Make historical literacy a priority.

Representation matters, but historically, Eurocentric narratives and perspectives have been elevated in curricula. Instead, learn and teach full histories that accurately reflect a real, diverse world.

(Dillard 2019)



# TIPS FOR TEACHERS: HONORING BLACK HISTORY MONTH

**Be mindful.** Recognize that some communities, particularly those that have been historically marginalized, need to heal. This certainly includes many of your Black students' communities. Allow Black children to just be, don't expect them to share personal experiences during these discussions, and reject anti-Black attitudes.

**Be a first responder.** School and district leaders play an important role here: You can ensure that your staff become mental health literate and get trained in "mental health first aid." This knowledge is critical so they know what resources to refer to when the need arises.

(Dillard 2019)



# TIPS FOR TEACHERS: HONORING BLACK HISTORY MONTH

## Expectations for Classroom Conversations for Teachers & Students

**Be respectful of yourself** - Share your truth.

**Be responsible for your words** - Think of how your words, or lack thereof can affect others.

**Be Safe** - Create a safe space to listen to different perspectives.

**Be Kind** - Treat everyone as a valued member of the classroom community.



# TIPS FOR TEACHERS: HONORING BLACK HISTORY MONTH

## Articles and further reading

### Mining the Jewel of Black History Month by Emily Chlarello

Planning for Black History Month can be authentic without falling into the pitfalls of the “heroes and holidays.” Look for ways to involve the entire school community and teach about the history and experiences of African Americans across the curriculum and throughout the year.

### Do's and Don'ts of Teaching Black History

How do you ensure students get the most out of black history and Black History Month? Here are some suggestions.

### Black Minds Matter by Coshandra Dillard

Interrupting school practices that disregard the mental health of Black youth.







02

# BLACK HISTORY MONTH THEMES

What do the chosen themes teach us?

What is the theme for 2022?

**DID  
YOU  
KNOW?**

## Themes for Black History Month.

Did you know that each year a specific theme is chosen?

“The intention has never been to dictate or limit the exploration of the Black experience, but to bring to the public’s attention important developments that merit emphasis.”

<https://asalh.org/black-history-themes/>

# PAST BLACK HISTORY MONTH THEMES

1936 African Background Outlined

1941 The Career of Frederick Douglass

1946 Let us Have Peace

1949 The Use of Spirituals in the Classroom

1970 15th Amendment and Black America in the Century (1870-1970)

1972 African Art, Music, Literature; a Valuable Cultural Experience

1996 Black Women

2017 The Crisis in Black Education

2020 African Americans and the Vote

2021 The Black Family: Representation, Identity, and Diversity.

<https://asalh.org/black-history-themes/>

The image features a black background with three vertical stripes of red, yellow, and green on the left side. In the center, there are several raised fists in a dark grey color. The text "Theme for 2022" is in the top right, and "BLACK HEALTH AND WELLNESS" is in large white letters in the center.

Theme for 2022

# BLACK HEALTH AND WELLNESS

# HOW RACISM MAKES US SICK



A black silhouette of a Black woman's head and shoulders, facing right and looking upwards. The text 'BLACK HEALTH AND WELLNESS' is overlaid on the left side of the image.

# BLACK HEALTH AND WELLNESS

## What is the significance of this year's theme?

“In the still overhanging shadow of the COVID-19 pandemic, Black people should and do use data and other information-sharing modalities to document, decry, and agitate against the interconnected, intersecting inequalities intentionally baked into systems and structures in the U.S. for no other reason than to curtail, circumscribe, and destroy Black well-being in all forms and Black lives.”

<https://asalh.org/black-history-themes/>



# BLACK HEALTH AND WELLNESS

## What does Black Health and Wellness mean?

“Black Health and Wellness not only includes one’s physical body, but also emotional and mental health.

We are determined to create a platform that shines a light on the multiple facets of Black health and wellness through education and activism. There is much to uncover, amplify, question, and correct.”

<https://asalh.org/black-history-themes/>



**“Caring for myself is not  
self-indulgence. It is  
self-preservation, and that is an  
act of political warfare.”**

— Audre Lorde, *A Burst of Light and Other Essays*







03

# Leaders in Health and Wellness

Health and Wellness with Black Athletes

Black Pioneers in Health and Wellness

# HEALTH AND WELLNESS WITH BLACK ATHLETES ELEMENTARY

COVER STORY

TIME **for KIDS**



**SIMONE BILES ON MENTAL HEALTH**

**MISTY COPELAND READS**



**WILMA RUDOLPH**



**SISTERS &  
CHAMPIONS**

*The True Story of  
Venus and Serena Williams*



Howard Bryant  
Illustrated by  
Floyd Cooper

**VENUS AND  
SERENA  
WILLIAMS**

# HEALTH AND WELLNESS WITH BLACK ATHLETES MIDDLE AND HIGH SCHOOL

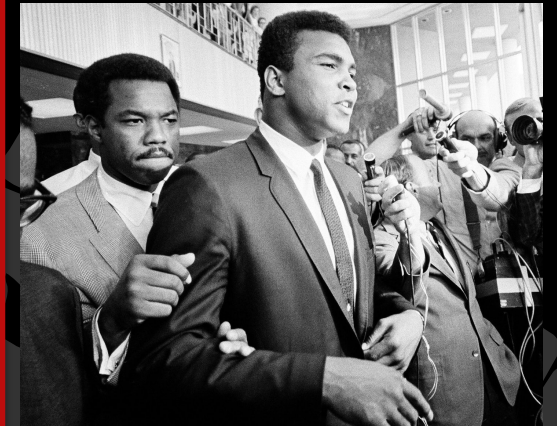


**CULLEN JONES**  
OLYMPIC SWIMMER

## McCOURTY TWINS



## RUSSELL WILSON

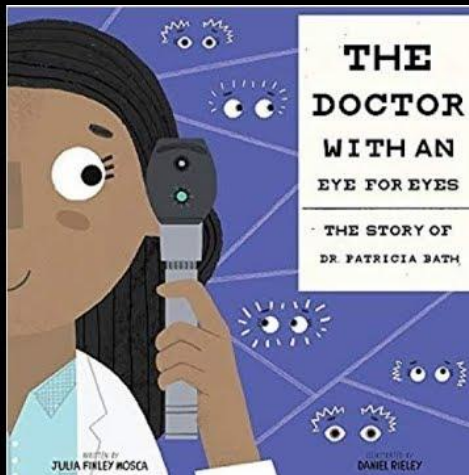


**ATHLETES AND  
ACTIVISM**



# BLACK LEADERS IN HEALTH AND WELLNESS ELEMENTARY

## DR. PATRICIA BATH



## DR. VIVIEN THOMAS



## MICHELLE OBAMA



WAFFLES + MOCHI  
promotes healthy eating



## DR ALEXA CANADY

First African American  
Woman Neurosurgeon

# BLACK LEADERS IN HEALTH AND WELLNESS MIDDLE AND HIGH SCHOOL

## 20 BLACK MEDICAL & PUBLIC HEALTH PIONEERS



### JANE C. WRIGHT



Cancer Researcher

### DR. JENNIFER EBERHARDT Psychology Researcher



### DANIEL HALE WILLIAMS

Performed the first  
documented,  
successful  
pericardium surgery



# KIZZMEKIA CORBETT, PH.D.



Dr. Kizzmekia Corbett was the scientific lead of the Vaccine Research Center's Coronavirus team where she developed the Moderna mRNA vaccine. She was named one of Time magazine's Heroes of the Year for 2021.



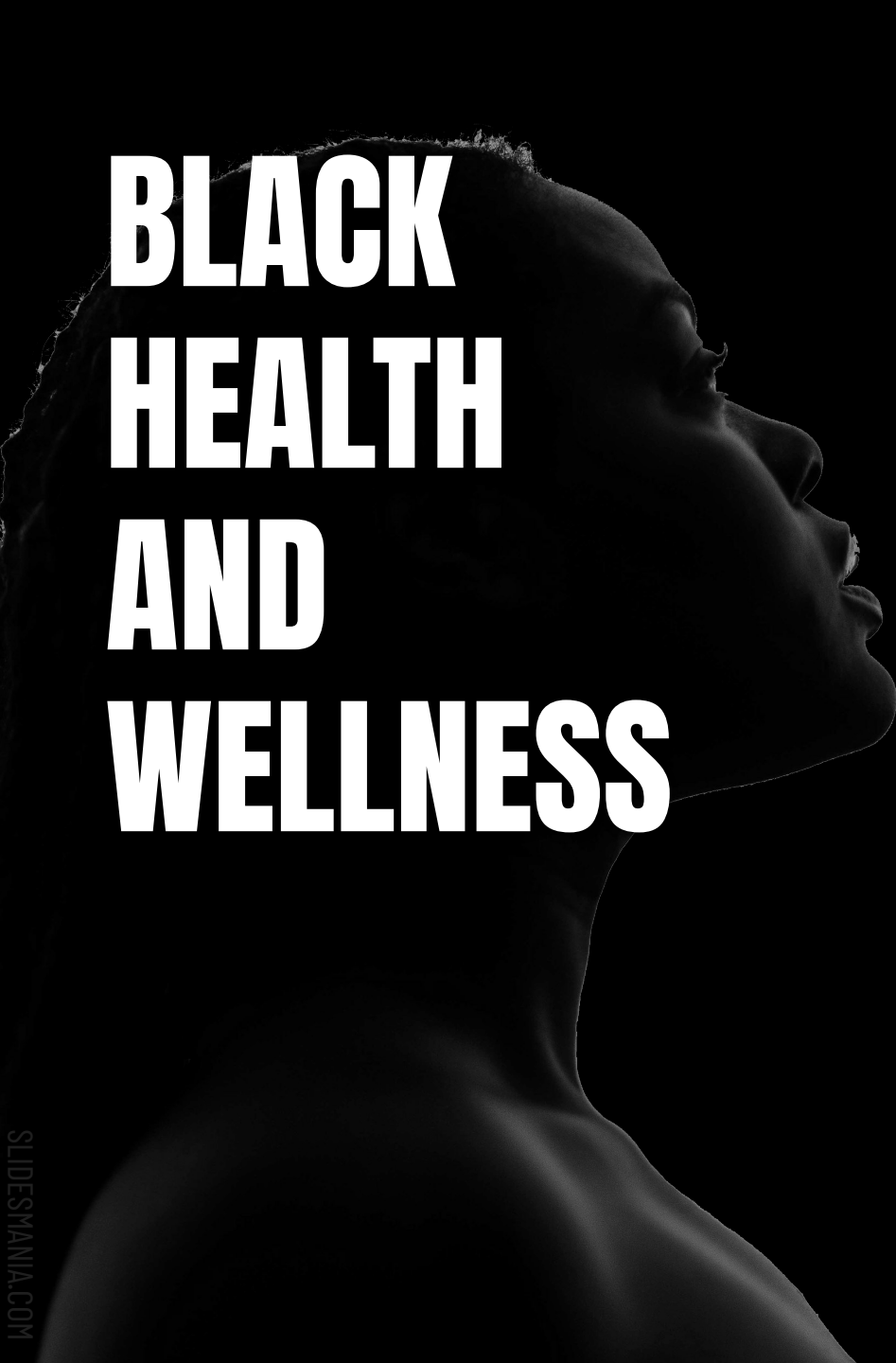


04

# Lesson Plans to Honor Black History Month in 2022

Elementary

Intermediate



# BLACK HEALTH AND WELLNESS

## **STEM by the Numbers** - GRADE LEVEL 3-5

In this lesson, students use data to analyze the participation of white, black, Asian and Hispanic men and women in STEM careers as compared with their participation in the general workforce. They then discuss the possible reasons identity groups are unequally represented in STEM careers.

## **Caring for Hair** - GRADE LEVEL 3-5

Among the characteristics that can take on meaning for young children is hair—hairstyles, hair texture and type. In this jigsaw activity, students will review information from brochures/websites about local hair care providers, interview a local hair care provider, synthesize the material, and teach it to others. Students will identify similarities and differences between the providers and gain a deeper understanding of diverse ways people care for their hair.

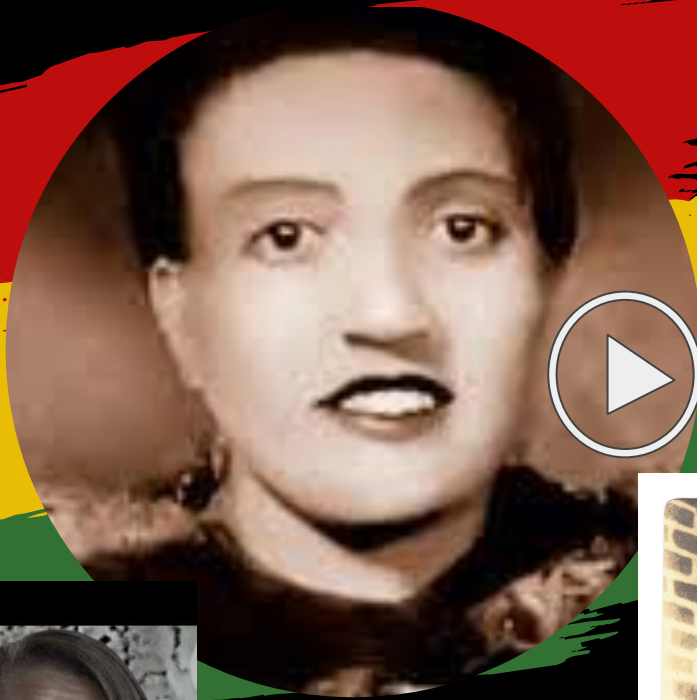
## **Art & Social Justice** - Grade Level K - 2

Students analyze portraits of well-known African Americans and consider the role of portraiture in fighting racial stereotypes. This lesson helps children start thinking about what a portrait can show about race and racial stereotypes, and how portraitists might reinforce or fight against stereotypes through their art.

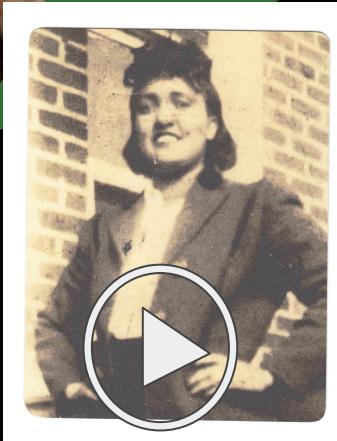


# HENRIETTA LACKS

## The Mother of Modern Medicine



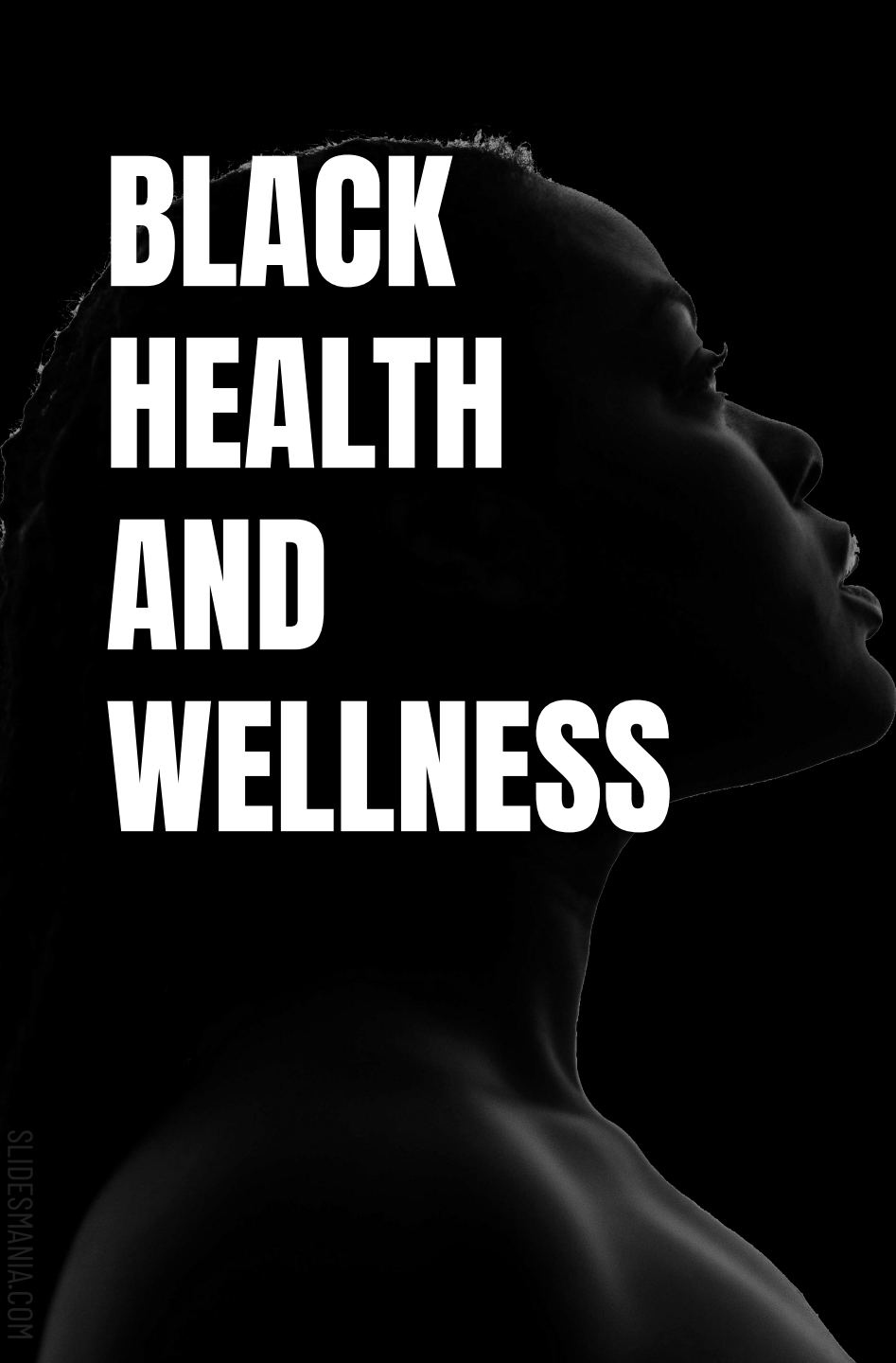
Middle Schoolers Rap about Lacks



High School Lesson Plans

Mrs. Henrietta Lacks was diagnosed with cervical cancer in 1951. At that time her cells were found to be unlike any other cancer cells because, instead of dying in the lab, they doubled every 20-24 hours. Her cells, named HeLa cells, have played an integral role in developing the polio vaccine, in-vitro fertilization, and cancer research. The cells were taken without Lacks' permission and her family did not profit.

Nature, 585, 7 (2020)



# BLACK HEALTH AND WELLNESS

## Analyze Health Disparities - GRADE LEVEL 6-8 & 9-12

This lesson helps students investigate the causes and impact of health disparities and challenges them to design solutions for positively impacting a health disparity in their own community.

## “The Hill We Climb” and the 2021 Inauguration - Grade 3-12

Use Amanda Gorman’s poem “The Hill We Climb” to talk with students about creative expression as a commentary on democracy.

## Listen Up! PSA for Change - GRADE LEVEL 6-8 & 9-12

Students produce digital media to raise awareness and encourage change related to an anti-bias theme.

# The Healing Power of Yoga



## Further Reading

[Yoga as Healing for the Black Community](#)

[Seven Ways that Yoga is Good for Schools](#)



05

# **Black Health and Wellness Leaders in FCUSD**

# Morgan Smith, LMFT



Morgan Smith graduated from the University of San Francisco where she studied to become a Licensed Marriage and Family Therapist. She has been a Mental Health Therapist with FCUSD for 5 years now. During her time in the district she has worked tirelessly to support staff and students alike, going as far as co-founding the only Black Student Union (BSU) at the elementary school level in Northern California.



# Terry Douglas



Terry Douglas is a campus monitor and mentor at Mills Middle School. “One of the things I do to support black health and wellness is build water wells and schools in Africa. Once or twice a year I head to Africa with a group of friends to help outlying village communities get access to clean drinking water. We raise all the funds and supplies to ensure that no life is lost due to dirty water in that village. My school, Mills Middle School, helped build a well three years ago. The other thing we do is build schools in different communities where kids have no physical building to go and learn. Last year, we built a school in a town called Keta in Ghana Africa, which is now completely full. FCUSD has also donated books for me to take to schools which the students are still using to this day. We took enough books to supply two schools where every student was able to get their own book to learn. I have done this for the past 22 years. Here at home, I work with our students in sports and mentoring programs. I believe when students are physically active it leads to a healthy lifestyle and they will feel better about themselves. Also having a positive black role model will encourage students of color to remain focused on their goals and help them make healthy decisions in their lives.”

# Marque Willis



Marque Willis is a counselor and varsity football head coach at Cordova High School. “To support black health and wellness I support engagement in mental health counseling to my black peers and students. I also encourage them to support nutrition by attending their local farmers markets. As an African American football coach, I always encourage my players to have healthy body, healthy mind, and healthy spirit.

Black health and wellness are essential to cultivating the American dream we all strive for. Health and wellness are essential to overcoming the socioeconomic barriers that have plagued our communities.”



# IYUANNA PEASE, Ed.D



Dr. Iyuan Pease is FCUSD's Director of Social Emotional Learning and Equity. "I am excited about this year's Black History Month theme of Health and Wellness. For me, health means that my body functions as its designed to , free of ailments or disease. Wellness encompasses numerous aspects of life to include my physical, social, spiritual and emotional wellbeing in various environments. While society continuously seeks to invalidate the importance of Black health and wellbeing, It brings me great joy to see Black people investing in their physical health and overall wellbeing by developing a mindfulness or yoga practice, making healthy food choices, exercising and accessing mental health support when needed. Like the old saying goes, Health is Wealth! Be well my friends. #BlackHistory365"





**“Do the best you can until you  
know better, then when you  
know better, do better.”**

— *Maya Angelou*



# **THANK YOU**

**FCUSD Equity Team 21-22**