

Asian American and Pacific Islander Heritage Month



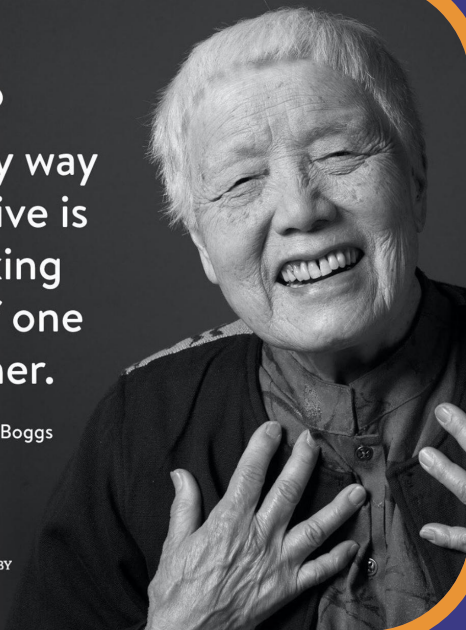
Tips for Teachers Honoring AAPI Month

- Be thoughtful about lesson delivery and conversations about AAPI.
- Pull from curriculum resources you already have!
- Seek resources created by AAPI people. Who better to tell their story?
- Be ready to respond to disrespectful comments should they arise.
- Reflect on how it went, and monitor outcomes (collect some feedback).
- Continue to celebrate, uplift, and empower AAPI individuals all year long!!

“

The only way
to survive is
by taking
care of one
another.

- Grace Lee Boggs

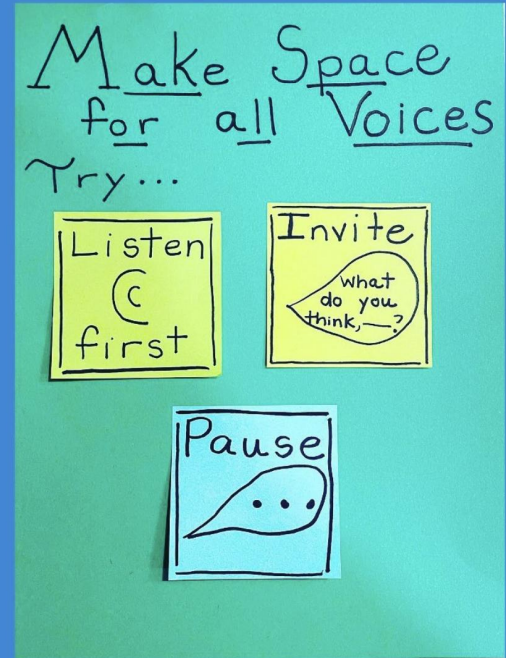


(Source: J. Waugh 2021)

Ground Rules for Classroom Conversations

(for teachers and students):

- Be respectful – think of how your words might impact others.
- Share your truth.
- Listen to hear other perspectives.
- Remember that everyone is a valued member of the classroom community.



@kassiaowedekind

(Source: J. Waugh 2021)

Community Agreements (An Example from Liz Sohyeon Kleinrock)

- We will be open minded and respect everyone's culture, traditions, religions, languages, accents, and opinions.
- We will ask questions if we don't understand, and respect the questions that are asked.
- We will use respectful language when talking about race, and not tolerate hate speech.
- We will judge people based on their actions not on how they look.
- We will try to understand why people have certain opinions.
- We will respectfully disagree.
- We will accept that we might not find answers to all of our questions.
- We will assume the best in others.
- We will be kind to ourselves and others.
- We know that if there is no struggle, there is no progress, and it is okay to be uncomfortable.



Source: Kleinrock
Start Here, Start Now, (p. 47)

Where do AAPI come from?



The AAPI community comes from the entire continent of Asia (including China, Japan, Thailand, Malaysia, Korea, India, cambodia, Vietnam and the Phillipines) and the Pacific Islands of Micronesia and Melanesia (including Hawaii, Samoa, Tahiti, Guam, Fiji and Papa New Guinea)

Many Ethnicities Fall Under The Asian American Umbrella

 = 100,000 people

EAST ASIAN: 8.6 MILLION PEOPLE

Chinese: 4.9M



Korean: 1.9M



Japanese: 1.5M



Taiwanese: 204K



SOUTH ASIAN: 5.3 MILLION PEOPLE

Indian: 4.3M



Pakistani: 515K



Bangladeshi: 188K



Nepalese: 168K



SOUTHEAST ASIAN: 7.6 MILLION PEOPLE

Filipino: 4M



Vietnamese: 2.1M



Cambodian: 322K



Thai: 313K



Hmong: 309K



Laotian: 261K



Burmese: 182K



Indonesian: 120K



PACIFIC ISLANDER: 1.5 MILLION PEOPLE

Native Hawaiian: 600K



Samoan: 209K



Guamanian or Chamorro: 155K



Other Pacific Islander: 253K



Notes

Ethnicities with less than 100,000 people not shown.

Source: U.S. Census Bureau, 2019 American Community Survey

Credit: Connie Hanzhang Jin/NPR

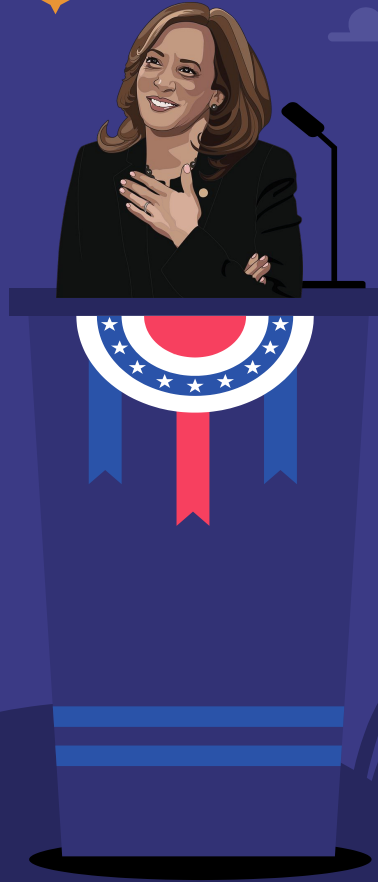
(Source: NPR)

Asian Americans, and Native Hawaiians, and Pacific Islanders make our Nation more vibrant through diversity of cultures, languages, and religions. There is no single story of the AANHPI experience, but rather a diversity of contributions that enrich America's culture and society and strengthen the United States' role as a global leader. The American story as we know it would be impossible without the strength, contributions, and legacies of AANHPIs who have helped build and unite this country in each successive generation. From laying railroad tracks, tilling fields, and starting businesses, to caring for our loved ones and honorably serving our Nation in uniform, AANHPI communities are deeply rooted in the history of the United States.



—President, Joe Biden

(Source: [whitehouse.gov](https://www.whitehouse.gov))



“[...] During this year’s Asian American and Native Hawaiian/Pacific Islander Heritage Month, our Nation celebrates the achievements of Vice President Harris, the first person of South Asian descent to hold the Office of the Vice President. Vice President Harris has blazed a trail and set an example for young people across the country to aspire to follow, including members of AANHPI communities and AANHPI women in particular.”

–President Joseph R. Biden

[Click here to read President Biden’s Full Proclamation from March 2021](#)

(Source: [whitehouse.gov](https://www.whitehouse.gov))



Naomi Osaka

"I would like to thank my ancestors because every time I remember their blood runs through my veins I am reminded that I cannot lose."

Naomi Osaka
Tennis Champion



Kamala Harris

"The American Dream belongs to all of us."

Kamala Harris
Vice President, USA

AAPI Leaders

United States Surgeon General Vivek Murthy



As the surgeon general of the USA, Vivek is the Nation's Doctor, providing Americans with the best scientific information available on how to improve their health and reduce the risk of illness and injury.

Doctor Vivek Murthy

Dr. Murthy's Advice: Ways to Feel Better



Vivek H. Murthy, MD

19TH SURGEON GENERAL
OF THE UNITED STATES

Together



The Healing Power of
Human Connection in a
Sometimes Lonely World

When you're smack-dab in the middle of a sad day, it can be hard to think of how to cheer yourself up. That's why it's a good plan to always have a bunch of feel-better ideas at the ready.

1. **Pay attention to how you feel.** "This might sound like an obvious one," Dr. Murthy says. "But a lot of times, we can go for a long time feeling sad or worried or stressed and not recognize that." Take a pause. Check in with yourself. How are you feeling today?

2. **Connect with people you love.** Reaching out to friends and family can "make a huge difference," Dr. Murthy says. You don't have to discuss anything sad or serious if you don't want to. Just talking or spending time with others can improve your mood and help you feel connected.

Source: Time

Continued...

Ways to Feel Better (continued)

3. **Talk to a trusted adult.** If you're feeling down, Dr. Murthy suggests confiding in a trusted adult. This might be a family member, a friend, a teacher, or a coach. "A lot of schools have counselors or school nurses you can check in with, as well," he adds.

4. **Find sources of inspiration.** Keep a list of things that make you feel good when you read, watch, or listen to them. "We all need a toolbox of things that we can reach for," Dr. Murthy says. "Poems, songs, books, speeches—whatever it might be for you."

5. **Take care of your body.** Eat well, stay hydrated, and get good sleep. Fresh air and exercise help, too. "I found that when I'm physically active, it actually lifts my mood," Dr. Murthy says. "It also has the benefit of getting my mind off of some of the challenges I have."

6. **Help others.** "One of the hidden antidotes to sadness and loneliness is service," Dr. Murthy says. "When we help other people, not only do we strengthen our [connections]. . . we also remind ourselves that we have a lot of beauty and value and strength to add to the world."



Source: Time

TIME for **KIDS**

Elementary Read-Alouds for AAPI Month



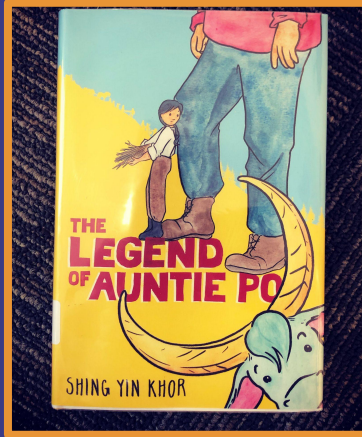
Eyes that Kiss in the
Corners



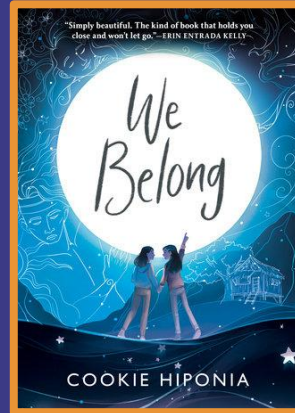
I am Golden



Middle School Texts with AAPI Protagonists



“Part historical fiction, part magical realism, and 100 percent adventure. Thirteen-year-old Mei reimagines the myths of Paul Bunyan as starring a Chinese heroine while she works in a Sierra Nevada logging camp.”



“An extraordinarily beautiful novel in verse, this important debut weaves a dramatic immigrant story together with Pilipino mythology to create something wholly new.”



More Texts from Korean, Chinese, and Filipino-American Authors:
<https://www.timeforkids.com/g56/spring-reading-2/>

Source: Penguin Books Times

High School: Inspirational Ted Talks from AAPI Speakers



Evaluating Stereotypes with Canwen Xu

"Growing up in the US in predominantly white communities, Canwen Xu struggled to reconcile her American and her Chinese identities. She explains the unique ways that racial bias affects Asian Americans — and shares how she has learned to embrace all of the different parts of her background."



Building Brain Power with Wendy Suzuki

"What's the most transformative thing that you can do for your brain today? Exercise!" says neuroscientist Wendy Suzuki. Get inspired to go to the gym as Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like Alzheimer's."

(Source: [ted.com](https://www.ted.com))

AAPI Leaders who are Differently-Abled

AAPI individuals use their unique and different abilities to share their experiences and their truth in unique ways. Read more about them below by clicking on the links associated with their caption:

- Ollie Cantos: A Driving Force in Reshaping Intersectional Visibility
- Sneha Dave: Super Talent Creates Network for Teens and Young Adults with Chronic Health Conditions
- Tammy Duckworth: Senator Serves as Role Model for Many
- Shaina Ghuraya: Triple Threat Creates Space for Spectacular Intersectional Stories to Grow
- Mazie Hirono: Hawaii Senator Recognized for Leadership as an Immigrant and as a Person with a Disability
- Kannie Yu LaPack: I Was Diagnosed With Breast Cancer—Then Coronavirus Happened
- Staff Spotlight on Vanni Le
- Steve Lee: Disabled Comedian Breaks Down Stereotypes Through Jokes



(Source: [RespectAbility](#))

Mary Matsuzawa

*"I pray that someday every
race / May stand on equal
plane / And prejudice will find
no dwelling place / In a peace
that all may gain."*

*—Mary Matsuzawa,
An Asian American High School student
from Pasadena, CA who was imprisoned
in the Gila River Internment Camp, 1945*



Yuri Kochiyama

*"Life is not what you alone
make it. Life is the input of
everyone who touched your
life and every experience that
entered it. We are all part of
one another."*

*—Yuri Kochiyama,
Political Activist*

K-12 Resources: AAPI Month



Smithsonian

25 Years of AAPI Month

Click here to access incredible resources for all grades:

<https://smithsonianapa.org/>



Honoring Asian American and Pacific Islander Identities

<https://www.learningforjustice.org/the-moment/april-25-2019-honoring-asian-american-and-pacific-islander-identities>



Here are more than 20 Asian Americans and events of note in people's history for the curriculum and as a starting point for students to do further research.

<https://www.zinnedproject.org/materials/asian-americans-and-moments-in-peoples-history/>

Respecting Identities and Ancestry:



More About Stereotypes:
[Examining Stereotypes in Books](#)

For Middle School
and High School

Should labels related to one's
identity be a personal choice?
Why or why not?



Video: For High
School Discussion



Asking someone where they are “from” can be easily interpreted as a microaggression. What are other ways you can engage with someone you’ve just met?

Fighting Racial Intolerance: Vishavit Singh



What can each of us do to combat racism and intolerance?

Video great for all grade levels: Watch the video below to hear how Vishavit promotes kindness in the world!



Covid-19 Hate Crimes Act, 2019

Amid the Covid-19 Pandemic, hate crimes targeted at Asian Americans surged in our country.

Stop AAPI Hate, is a national coalition that became an authority on gathering data on racially motivated attacks related to the pandemic. They received 9,081 incident reports between March 19, 2020, and this June 2021.

Mazie Hirono, Senator from Hawaii proposed the Bill in defense of AAPI and in May 2021, the President responded by passing a bill that denounced the hate crimes, expedited Justice Department reviews of the crimes, and made federal grants available.

Click the link below to read about how Californian kids have supported the AAPI community against hate:

<https://www.timeforkids.com/g56/calling-for-change-2/?rl=en-870>



Video: Senator Mazie Hirono comments on her noble acts to pass the Bill which gained overwhelming support by democrats and republicans and was signed by Biden in May 2019.

Source: NPR

Video: Youtube, Now This

Article: Time for Kids



Patsy Mink

“We have to build things that we want to see accomplished, in our country, based on our own personal experiences...to make sure that others do not have to suffer the same discrimination.”

–Patsy Mink,
First woman of color and first Asian
American woman elected to Congress

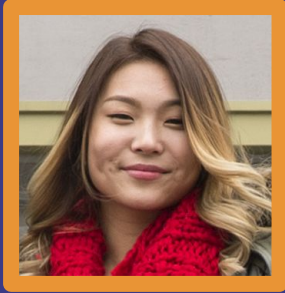


Kalpana Chawla

“The journey matters as much as the goal.”

–Kalpana Chawla,
First woman of Indian descent
to go into space

AAPI Leaders: Elementary and Middle School Articles



Chloe Kim

[Click Here to Read
About the new
Olympic Medalist](#)



Aisha Saeed

[Learn about an AAPI
Author who says,
"You should be
stubbornly
optimistic!"](#)



Sagarika Sriram

[Click here to learn of
the climate activist
who is devoted to
improving the world
for others.](#)

Happy AAPI Heritage Month!



FCUSD appreciates our students and staff who identify as Asian American or AAPI!! You make our district stronger! Among them include...



Kevin Smith

Behavior Specialist, Strengthening Families Facilitator, Equity Team Member



"Assume that everyone you meet is doing the best that they can with what skills and abilities they have." — Lee Berrigan Ph.D.

"I had the great opportunity to focus my graduate schooling on cultural competence research before joining FCUSD as a behavior specialist ten years ago. In that time I've also enjoyed facilitating for the Strengthening Families Program and more recently I've had the honor of contributing as a member of the Equity Team."

Amanda Walsch



I have been the VP at Cordova Meadows since 10/01/2021. I am most proud of the relationships I have built at our site. I have enjoyed the opportunity to work with a group of very caring educators.

I have also had the opportunity to work with Pet Partners over the past two months, giving our students the ability to spend time with companion dogs. Additionally, I am looking forward to working with our site principal Amber Fontaine to bring more community resources to our site in the coming year!

Being Filipino, Mexican, Portuguese, and Italian has always been a big part of my identity as I have moved through the education system. I have a strong family network that gave me the opportunity to experience all of the ways that my mixed race makes me unique.



Dianne Aquino BSN, RN

Credentialed School Nurse

*"For me, being Asian American means honoring and respecting your elders.
This can be done through tradition."*



Kay Malhi Heuser

Testing Coordinator, FCUSD

"Family is Everything!"

In FCUSD, I have the best Testing and Assessment team ever; together we have transformed all things testing. We have great practices and supports in place, designed to take away the unnecessary stress, around testing and data. We are an ever evolving department, ensuring our outcomes are aligned to the goals and vision of my other family-FCUSD! I enjoy learning from and supporting other test coordinators; just like I was supported in this position just over 4 years ago.

Over the years I have found that self-care is an essential part of my daily practice; when we take care of ourselves we can give to others. My self-care practices include golf, hot yoga and meditation. This has made me a better mom, educator and wife.





Presentation by Jessica Waugh, jwaugh@fcusd.org

Thanks! **Feedback is appreciated!!**

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