



CLD & ITIDBITS

May 2023



MAY Highlights

Mental Health Awareness Month - It's mental health awareness month. This observance raises awareness for those living with mental and behavioral issues. During this month, consider supporting those with mental health challenges, as well as their families and loved ones (who are also impacted). Some great ways to support include: listening, staying calm, being patient, avoiding judgment and maintaining social contact.

National Military Appreciation Month - This is a time to reflect on the sacrifices of those who have served our country. We owe them gratitude for their courage and dedication.

Older Americans Month - In 1963, Older Americans Month was established. This observance celebrates Americans over 65 years of age and their contributions to society. Upon its founding, only 17 million Americans had reached their 65th birthday, and about one-third of those people lived in poverty. Acknowledging the contributions of older Americans and helping to meet their needs, is important to ensuring they are cared for.

Did You Know?

- In the Southern Hemisphere, May is the start of Autumn.
- Cinco de Mayo is a Mexican holiday that commemorates the country's victory over France during the Battle of Puebla.
- May is National Bike Month, National Hamburger Month, National Pet Month and National Strawberry Month.
- The average temperature in the U.S. in May is 66 degrees fahrenheit.
- The grandest horse race in the world, the *Kentucky Derby*, takes place in May.

Celebrate *Cultural, Linguistic & Learning Diversity* in **MAY 2023!**

<p>Month-long Observances</p> <p><u>Year-Long Resource</u></p>	<ul style="list-style-type: none"> • Haitian Heritage Month (Resource) • Jewish-American Heritage Month (Resource) • National Asian American and South Pacific Islander Heritage Month (Resource); Webinar (5/3); MacKids Resource • Latino Book Month • ALS Awareness Month • Mental Health Month • Speech and Hearing Awareness Month • National Apraxia Awareness Month • Borderline Personality Disorder Awareness Month • National Foster Care Month • Neurofibromatosis Awareness Month
<p>Week of May 1</p>	<ul style="list-style-type: none"> ❖ Week-long: Deaf Awareness Week, National Physical Education and Sport Week, Children's Book Week ❖ May 1: May Day, School Principals' Day, Global Love Day ❖ May 2: Childhood Depression Awareness Day, National Teacher Day, The Twelfth Day of Ridvan (Baha'i) ❖ May 3: Constitution Memorial Day (Japan), Yom HaZikaron (Israel), Asian American, Native Hawaiian and Pacific Islander Women's Equal Pay Day (US), National Interpreter Appreciation Day, Cross Day (El Salvador), World Press Freedom Day, Poland's Constitution Day ❖ May 4: Anti-Bullying Day, Pesach Shenit (Jewish), Vaisakha Puja (S.E. Asian/Buddhist) ❖ May 5: Cinco de Mayo (México/Resources 1, 2), Liberation Day (Bevrijdingsdag / Netherlands), Moms Equal Pay Day (US), Buddha Purnima (India/Nepal), Day of Vesak (Buddhist), World Portuguese Language Day ❖ May 6: Childhood Stroke Awareness Day, National Nurses Day, St. George's Day (Orthodox)
<p>Week of May 7</p>	<ul style="list-style-type: none"> ❖ Week-long: Teacher Appreciation Week, National Nurses Week, National Mental Health Awareness Week ❖ May 7: World Fair Trade Day, Children's Mental Health Awareness Day, International Family Equality Day ❖ May 8: Victory in Europe Day ❖ May 9: Lag Baomer (Israel/Jewish), Teacher Appreciation Day ❖ May 10: International Day of Argania, Mother's Day (Mexico), National School Nurse Day ❖ May 11: Frost Saints' Day (-13th) ❖ May 12: International Awareness Day of Chronic Immunological and Neurological Diseases (CIND), National Mental Health Provider Appreciation Day ❖ May 13: Fair Trade Day, Emancipation Day (Brazil)
<p>Week of May 14</p>	<ul style="list-style-type: none"> ❖ Week-long: National Women's Health Week ❖ May 14: National Decency Day (US), Mother's Day (US), Rogation Sunday (Orthodox) ❖ May 15: International Family Day (US) ❖ May 16: Martyrdom of Imam Sadeq (Iran) ❖ May 17: International Day Against Homophobia, Transphobia and Biphobia ❖ May 18: Ascension Day (Christian), Haitian Flag Day (Haiti), Global Accessibility Awareness Day

	<ul style="list-style-type: none"> ❖ May 19: Malcolm X Day, National Asian and Pacific Islander HIV/AIDS Awareness Day, Savitri Amavasya (India/Hindu), Job's Day (Christian Orthodox), Jerusalem Day (Israel)
Week of May 21	<ul style="list-style-type: none"> ❖ Week-long: N/A ❖ May 20: Cameroon Republic Day ❖ May 21: World Day for Cultural Diversity for Dialogue and Development ❖ May 22: International Day for Biological Diversity, Declaration of the Bab in Shiraz Shavuot (Bahá'í) ❖ May 23: Victoria Day (Canada), Martyrdom Day of Sri Guru Arjun Dev Ji (India) ❖ May 24: World Schizophrenia Awareness Day, Declaration of the Bab (Baha'i) ❖ May 25: May Revolution Day (Argentina), Erev Shavuot (Israel/Jewish), African Liberation Day, Ascension Day (Christian Orthodox) ❖ May 26: Buddha Day, Shavuot (Jewish)
Week of May 28	<ul style="list-style-type: none"> ❖ Week-long: N/A ❖ May 28: Whit Sunday (Christian), World Hunger Day, Pentecost (Orthodox) ❖ May 29: Ascension of Bahá'u'lláh (Bahá'í), Whit Monday (Christian), Memorial Day ❖ May 30: World Multiple Sclerosis Day, Joan of Arc Day (Orthodox)

It is essential to note that these events may be recognized by staff, students and/or families in our school community regardless of participation in an ELE program and/or Special Education Program.