

The month of May is Asian American Pacific Islander Heritage (AAPAH) Month!



Since 1979, May has been a dedicated time to celebrate Asian Pacific American heritage, but it wasn't until 1992 that May was officially designated Asian Pacific American Heritage Month. Selected to commemorate the immigration of the first Japanese to the U.S. in May 1843 and the completion of the transcontinental railroad in May 1869 that was made possible by thousands of Chinese laborers, AAPAH Month elevates the stories, contributions, and experiences of the Asian and Asian American communities. - [Asia Society](#)

Asian and Pacific Islander encompasses (but not exclusive to) all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji, and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru, and the Federated States of Micronesia), and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia, and Easter Island). - [Portlandoregon.gov](#)

Asian American and Pacific Islander communities have experienced increased acts of violence and harassment due to xenophobia and racism over the last 15 months since the beginning of the Covid-19 pandemic. [Stop AAPI Hate](#) received reports of 3,795 hate incidents from March 19, 2020 to February 28, 2021. "Oregon was founded as a whites-only state, with racial exclusionary laws that made it difficult for people of color to live in Oregon well into the 20th century. There were the U.S.'s Chinese Exclusion Acts—which especially targeted Asian women who were suspected to be sex workers. Today, AAPI citizens make up 4 percent of Oregon's electorate, and the state has seen an 86 percent growth rate in AAPI's population since 2000." - [PDX Monthly](#)

**We stand in solidarity with our Asian American and Pacific Islander communities at Arleta, in Portland, and beyond.** We have created an [AAPAH Calendar of Events](#) and a [Map of \(some of the\) Locally Owned AAPI Restaurants and Grocery Stores](#) for our community to read, share, attend, and patronize to support our local AAPI community. Check out more ways to support AAPI Communities and Businesses Here: [Mercatus](#), [EverOut](#), and [Venture Portland](#).

The month of May is also Jewish American Heritage Month (JAHM)!



JAHM is celebrated to recognize the contributions American Jews have made, and continue to make, to our nation's history, culture, and society. "Each year, this national celebration shows the ways in which this history deserves our collective attention, pride, and recognition. The stories of American Jewish life are quintessential American stories of resilience, aspiration, imagination, determination, and achievement." - [National Museum of American Jewish History Month](#)

Here are some resources to learn more about Jewish American Heritage with your family, along with links to podcasts, virtual events and more:

[Anti-Defamation League](#)

[Books about Jewish Culture and Anti-Semitism](#)

[Books about Judaism](#)

[Books about Genocide and Holocaust](#)

[National Museum of American Jewish History Month](#)

[Jewish Shelter Home in SW Portland - on the National Register of Historic Places](#)

[Oregon Jewish Museum and Center for Holocaust Education](#)

[Upcoming and Recorded Virtual Events at Jewish Museum and Center for Holocaust Education](#)

[Adventures in Jewish Studies Podcast](#)

[American Jewish Historical Society](#)

In solidarity with our Asian American and Pacific Islander communities and our Jewish American communities,

Aud Manansala (she/her/siya), [aumanansala@pps.net](mailto:aumanansala@pps.net)  
and Kelly Greenberg (she/her/hers), [kgreenberg@pps.net](mailto:kgreenberg@pps.net)  
Arleta School Counselors