



VIEW RIDGE PTA 2020-2021

CELEBRATING BLACK HISTORY MONTH

BLACK HISTORY MONTH

is not only a time for your kids to learn but also for you! Taking this time to learn more about the contributions that African Americans have made is a celebration of diversity, and embarks on a journey of recognition of all people regardless of gender, race, or nation. When you take an interest, your kids take interest. This sets them on a path to be a global citizen who is curious about the world around them.



[Amanda Gorman, Youth Poet Laureate & Lesson Plan](#)

[VIDEO LINK: ABCs of Black History](#)

A-Z AFRICAN AMERICAN VISIONARIES



[A is for Maya Angelou](#)

[B is for Barack Obama](#)

[C is for Carmichael Copeland](#)

[D is for Frederick Douglass](#)

[E is for Ella Baker](#)

[F is for Aretha Franklin](#)

[G is for Gloria Steinem](#)

[H is for Dorothy Pittman Hughes](#)

[I is for Ida B. Wells](#)

[J is for Mae Jemison](#)

[K is for Katherine Johnson](#)

[L is for Henrietta Lacks](#)

[M is for Martin Luther King Jr.](#)

[N is for Nelson Mandela](#)

[O is for Michelle Obama](#)

[P is for Horace Pippin](#)

[Q is for Quincy Jones \(Seattle\)](#)

[R is for Rosa Parks](#)

[S is for Sojourner Truth](#)

[T is for Thurgood Marshall](#)

[U is for Ursula K. Le Guin](#)

[V is for Vashti Harrison](#)

[W is for Wendell Phillips](#)

[X is for Malcolm X](#)

[Y is for Yara Shahidi](#)

[Z is for Zora Neale Houston](#)

HOW TO ACCESS LINKS

PEBBLE GO & TUMBLE BOOKS

Most of the links are hyper-linked and you can access the video or link directly to your web-browser.

To Access  Pebble Go or  Tumble Books

- 1. Log into Schoology**
- 2. Open Clever**
- 3. Open the Application and Search Book Title in RED.**

A photograph of Barack, Michelle, and Malia Obama. Barack is in the center, smiling broadly, wearing a dark suit and a purple tie. Michelle is to his right, also smiling, wearing a teal dress. Malia is on the left, looking towards her father, wearing a blue patterned dress. The background is a bright, slightly overcast sky.

RESOURCES FOR ADULTS

A portrait of Jeoma Oluo, a Black woman with voluminous dark curly hair, wearing a bright orange top and large hoop earrings. She is smiling slightly and looking towards the camera. The background is a solid yellow color.

PODCASTS

AFRICAN HISTORY NETWORK SHOW

HISTORICALLY BLACK

WITNESS HISTORY : WITNESS BLACK HISTORY

PRIMARY SOURCES, BLACK HISTORY

KUT : IN BLACK AMERICA

1619 PROJECT

JEOMA OLUO, SEATTLE WRITER

JACOB LAWRENCE, SEATTLE ARTIST & UW PROFESSOR

ONLINE ART

NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE

8 ONLINE EXHIBITS TO SEE RIGHT NOW ON BLACK HISTORY

THEASTER GATES, SCULPTURE, INSTALLATION

MICKALENE THOMAS, PAINTER

KEHINDE WILEY, PAINTER

KARA WALKER, VISUAL ARTIST

NOAH DAVIS, PAINTER AND FOUNDER OF UNDERGROUND MUSEUM

JEAN-MICHEL BASQUIAT, PAINTER



LESSONS

GETTING STARTED ON YOUR ANTI-RACIST JOURNEY

Anti-racism is the practice of working to eliminate the unfair treatment of people based on the color of their skin. Action, no matter how small, is the foundation of anti-racist work. To help dismantle racism, families can identify it, talk about it and push back against it. Like Kate's family, we may not know where to start. Yes, it can be hard at first, but deciding to start the journey is the first step. Each action you take will have an impact on the lives of your children and your community.

PEEK-A-BOO, I SEE YOU

Peekaboo is a universal game that children adore. Parents hide their faces and reappear over and over, teaching object permanence and social cues. The same thing happens again and again with the same outcomes. Similarly, if parents continue to do the same thing (or nothing at all) concerning racism, we will get the same results. When beginning anti-racist work, the first peek should be in the mirror. Your child's behavior is a reflection of your decisions and choices. **If you say, "We don't see color," you are passing the fear of talking about the reality of racism to your child.** [Colorblind behavior](#) keeps you from seeing the lived experiences of people who are different from you. To start thinking about anti-racism, you can:

- Reflect on your own experiences with race.
- Counter any negative stereotypes you've internalized about race.
- Have family meetings about the core values that are important in your home.
- Model the values you want your children to emulate.



STACEY ABRAMS, POLITICIAN & ACTIVIST

SPECIFIC ANTI-RACIST LESSONS FOR FAMILY

POPPING BUBBLES

There are hours of fun to be had with the simplicity of bubbles blowing and popping. Imagine your children inside one of these bubble, protecting them from the world. Parents often say, "I want to protect her innocence" or "I want to keep him safe from bad things." Keeping them in the bubble protects them from learning how to deal with the real world (a privilege that all children do not have). It also keeps them from doing good deeds in the world. Pop the protective bubble and have important conversations with your children about things that are unfair or unjust in the world and how your family can be a part of the solution:

- **Model what antiracist language sounds like. It could be speaking up when someone makes racist jokes.**
- **Share feelings of sadness or anger when things happen in the world to help your children regulate their own big emotions.**
- **Don't let the fear of getting it wrong stop you from taking action.**

Anti-racism is not a checklist that you can say, "I'm done." It's an ongoing, daily practice of modeling and interacting with your children. It could be participating in rallies or it could look like a 30-minute drive to a Black pediatrician

I SPY WITH MY LITTLE EYE

"I Spy" is a game many parents play with their little ones. "I spy something round and red. What is it?" This game teaches how to use context clues and problem solve. Let's look at diversity and inclusion in the same way. If you were playing the "I Spy" diversity game with your children, would they be able to find a diversity of people, thoughts, and ideas in your home or community? If you were to play "I Spy" with the contacts in your phone, who would you see? How different are the people in your inner circle? Our responsibility is to teach our children to [identify and value differences](#) in race and culture. Here are some ideas to incorporate diversity and inclusion in your home:

- **Invite diversity into your home through books, friends, toys, movies, podcasts, audiobooks, music, and art. There are even monthly social justice subscription boxes that bring diversity to your door.**
- **Conduct a survey of your home to see where you can start! Let's start in your child's room or playroom. Sit with your children and have them bring you 5-10 of their favorite dolls or action figures. Then have them bring 10 of their favorite books to you. Lay them out and reflect on what you see.**
- **Write a list of what you are doing well in diversifying your home and acknowledge where you need**



VICE PRESIDENT KAMALA HARRIS, FIRST BLACK, SOUTH EAST ASIAN AND WOMAN VP

MAKING HISTORY

WHEN FOLKS DON'T UNDERSTAND WHY IT'S A BIG DEAL THAT HARRIS IS THE VP (NO MATTER YOUR POLITICAL AFFILIATION), IT'S HELPFUL TO USE A SIMPLE VISUAL AID.

WE'RE A YOUNG COUNTRY WITH GROWING PAINS.

SEE THE RED BOX? UNTIL THEN, SHE WOULD HAVE BEEN ENSLAVED.

SEE THE BLUE BOX? UNTIL THEN, SHE COULDN'T VOTE.

THE YELLOW BOX? UNTIL THEN, SHE HAD TO ATTEND A SEGREGATED SCHOOL.

AND THE GREEN ONE? UNTIL THEN SHE COULDN'T HAVE HER OWN BANK ACCOUNT.

THIS IS WHY IT'S IMPORTANT.



SPOTLIGHT

ALFRED L. CRALLE

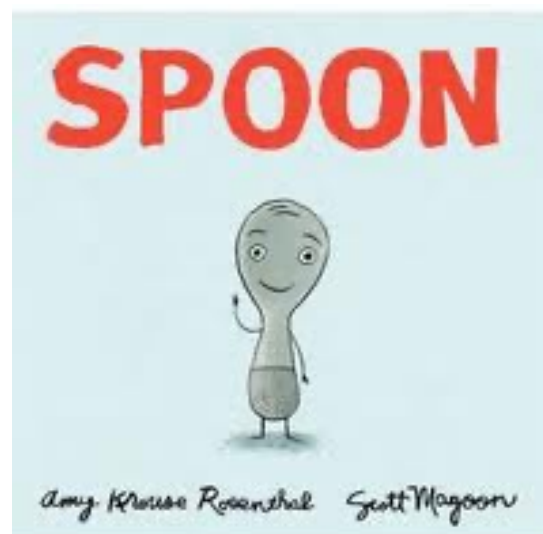
Alfred L. Cralle was an African American [businessman](#) and [inventor](#) who was best known for inventing the ice cream scoop in 1897. Cralle was born on September 4, 1866, in Kenbridge, Virginia. He attended local schools and worked for his father in the carpentry trade as a young man. During that period, he also became interested in mechanics.

After attending Wayland Seminary in Washington D.C. for a few years, he moved to Pittsburgh, Pennsylvania, where he worked as a porter at a drugstore and at a hotel. While working at the hotel, he developed the idea for the ice cream scoop. It came to him when he noticed ice cream servers having difficulty trying to get the ice cream desired by the customer into the cone they were usually holding. The ice cream tended to stick to spoons and ladles, usually requiring the server to use two hands and at least two different tools to serve customers.

Family Activity : Try scooping ice cream with a fork. Then, try a knife. Then, try a spoon. If you have one, try a scoop. Talk about how much easier it is to have ice cream with a spoon and scoop.

Discuss : What do you want to invent

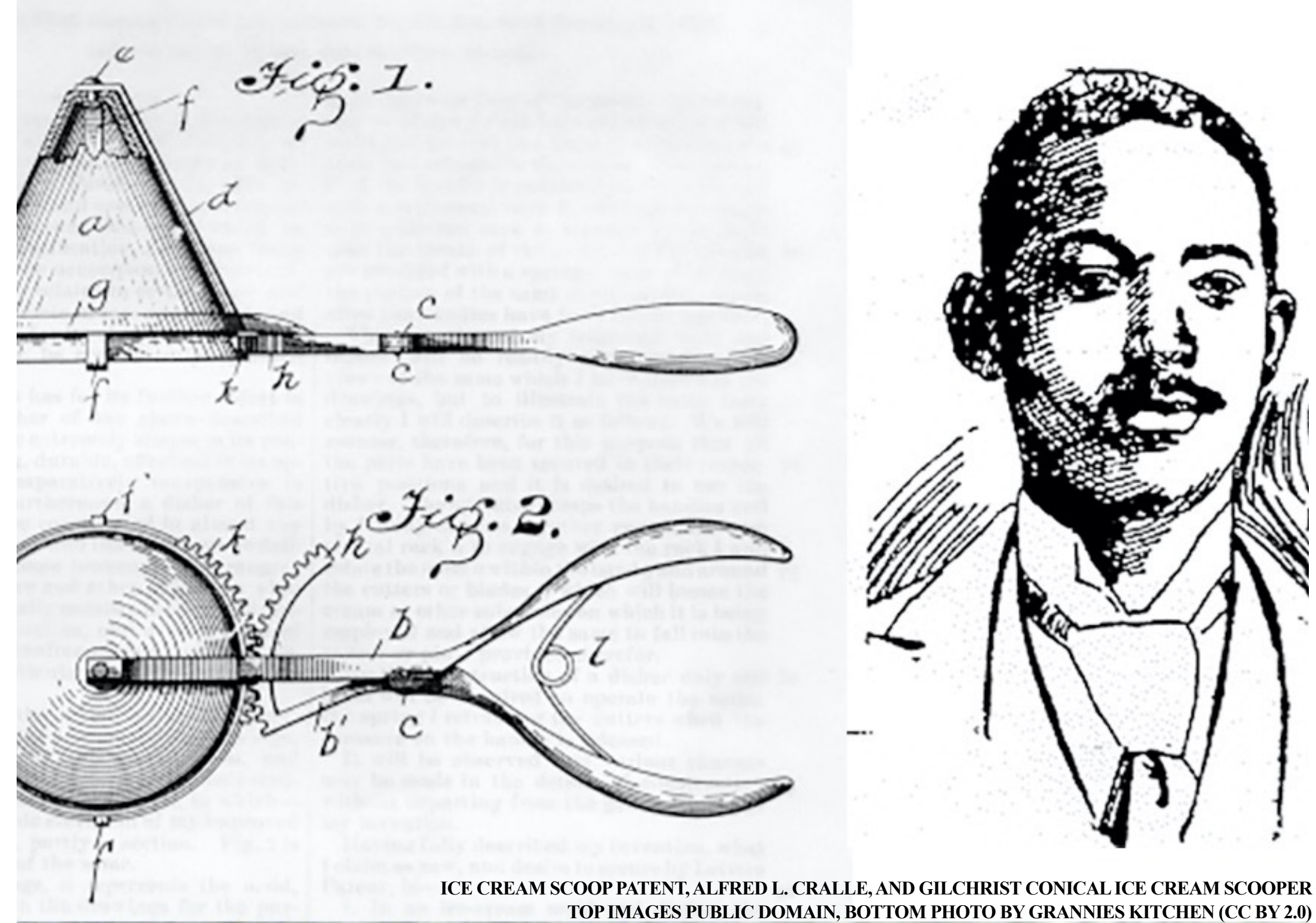
Want to learn more? [Head Here](#)



YOUTUBE LINK : READING OF THE BOOK - SPOON

VIDEO #1 ABOUT ALFRED L. CRALLE

VIDEO#2 ABOUT ALFRED L. CRALLE



ICE CREAM SCOOP PATENT, ALFRED L. CRALLE, AND GILCHRIST CONICAL ICE CREAM SCOOPER
TOP IMAGES PUBLIC DOMAIN, BOTTOM PHOTO BY GRANNIES KITCHEN (CC BY 2.0)



SPOTLIGHT

MAE JEMISON

VIDEO : Book reading for “Mae Among The Stars” by Roda Ahmed, Illustrations by Stasia Burrington



Link to [Pebble Go](#) to find out more (Accessible through the Student Portal)

Mae Jemison (born October 17, 1956) is an American engineer, physician, and former NASA astronaut. She became the first African American woman to travel into space when she served as a mission specialist aboard the Space Shuttle *Endeavor*. She orbited the Earth for nearly 8 days on September 12-20, 1992. She holds several honorary doctorates and has been inducted into the National Women’s Hall of Fame and the International Space Hall of Fame.

Family Activities:

1. Watch these videos together:
 - a. [Video #1 : Biography on Mae Jemison](#)
 - b. [Video #2 : Nova : I Wanted to Go Into Space](#)
 - c. After the videos discuss:

What would you take with you to space?

How can you help classmates feel included?
2. Draw and decorate a spaceship and/or rocket. What would you make sure to have on board for your voyage to space? Who would you want to come with you?





SPOTLIGHT

AYANNA NAJUMA

Watch the Video : How Kids Changed the World

Part 1 : Unfair Times

Pause and Discuss : What do you think Ayanna means when she says that her voice was important?

Part 2 : Training for a Sit-In

Pause and Discuss : How do you think the training helped the kids? Why do you think the adults wanted to train them?

Part 3 : The Sit-In Begins

Pause and Discuss : How do you think the training helped the kids? Why do you think the adults wanted to train them?

Part 4 : The Kids Keep Working to Make a Change

Discuss : How did the kids make a difference in their town? How can you make a difference in your town? How will you use your voice?

Scholastic Article

SPOTLIGHT

GABBY DOUGLAS



Link to [Pebble Go](#) to find out more (Accessible through the Student Portal)

Gabrielle “Gabby” Douglas (born December 31, 1995) is the first African-American female, from any country, to win the all-around gold medal for gymnastics at the 2012 Olympic Summer Games. She has written several books (e.g. sfkjds). She had to live away from her family for several years to reach her goal of going to the Olympics. See her routines at the Olympics [here](#).

Family Activities:

1. Watch these videos together:
 - a. [Video : Gabby Douglas on Inspiring A Generation and Persevering Through Doubt](#)
 - b. After the video discuss:
 - What is something you worked hard at to accomplish that you’re proud of?
 - In the video Gabby Douglas talks about using her talents to add to our world. What do you see as one of your talents?
 - How are you going to use your talent(s) to make an impact?
2. Draw a line outside in chalk. Try balancing on the line, doing spins, balancing on one foot and toes, and if you are feelings spry, by doing cartwheels.



SPOTLIGHT

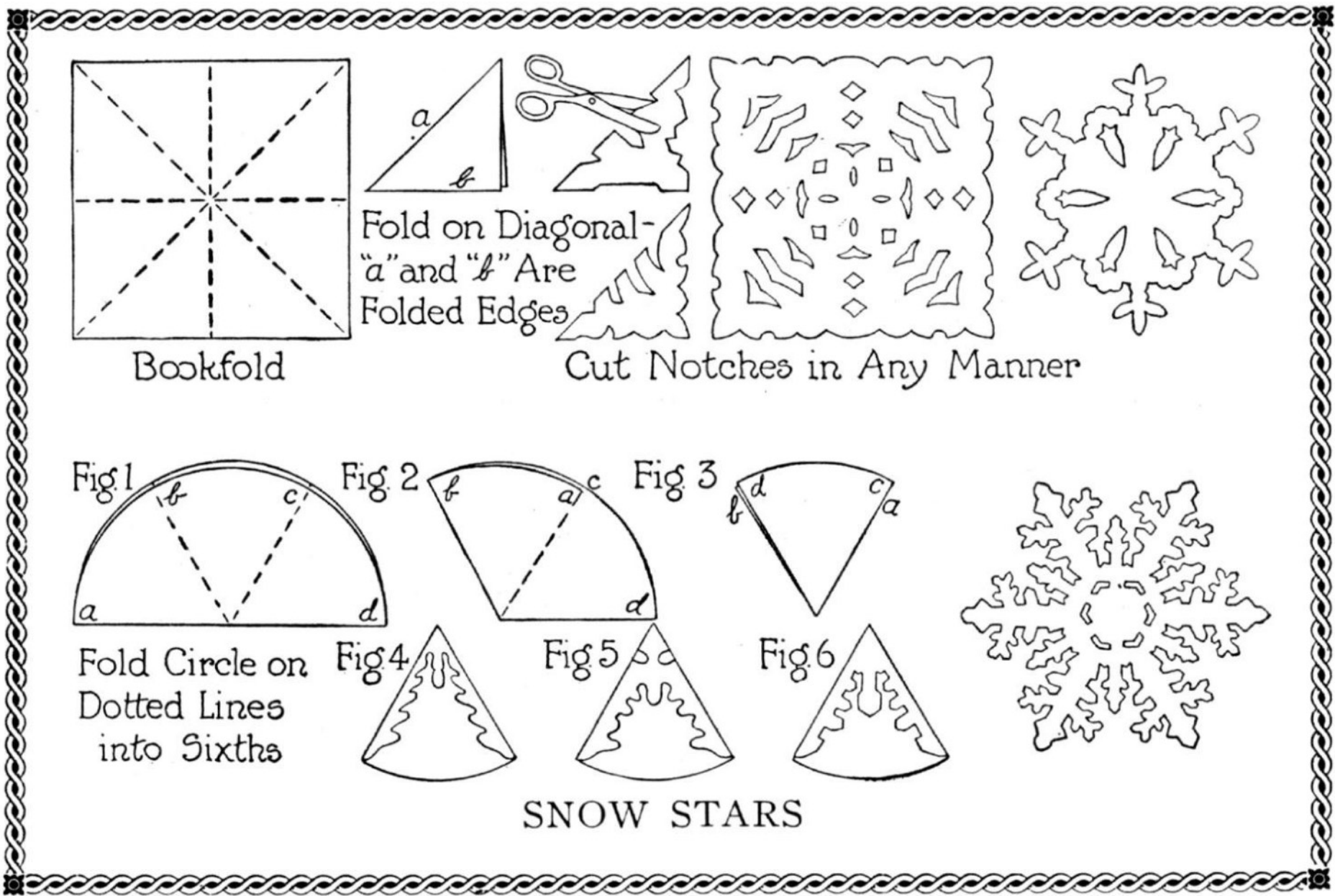
ROSA PARKS



Link to [Pebble Go](#) to find out more (Accessible through the Student Portal)

Rosa Parks (February 4, 1913 – October 24, 2005) was an American activities in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. The United States Congress has called her “the first lady of civil rights” and “the mother of the freedom movement”. On December 1, 1955, in Montgomery, Alabama, Parks rejected the bus driver’s order to give up her seat to a white passenger. Her refusal of her seat led to her arrest and the start of the Montgomery bus boycott eventually leading to the desegregation of buses.

Family Activity: Each create a snowflake using the directions below. Then create another one. How are your snowflakes the same? How are they different?



SPOTLIGHT

WILMA RUDOLPH



Link to [Pebble Go](#) to find out more (Accessible through the Student Portal)



“The Quickest Kids in Clarksville” by Pat Zigtlow Miller; Illustrator Frank Morrison

<https://www.tumblebooklibrary.com/book.aspx?id=7401>

Little People, Big Dreams : Wilma Rudolph

[Video Link to the Book](#)

Wilma Rudolph (June 23, 1940 – November 12, 1994) was an American sprinter who became a world-record-holding Olympic champion and international sports icon in track and field. At the 1956 Summer Olympics in Australia, she won a bronze medal in the 4 x 100-meter relay. At the 1960 Summer Olympics in Italy, she won 3 gold medals (100- and 200-meter individual sprints, and the 4 x 100-meter relay). She was acclaimed as the fastest woman in the world in the 1960s and became the first American woman to win three gold medals in a single Olympic Game.

Activity: Measure a specific distance that you want to run (e.g. one tree to the next, your block, around your house, etc.). Take turns timing each other to see how fast everyone can run the distance. Next try again. Were you faster or slower or the same? What do you think made the time change?



SPOTLIGHT

OSCAR PETERSON

“Oscar Lives Next Door” by Bonnie Farmer; Illustrator Marie Lafrance



LINK TO THE BOOK IN TUMBLE BOOKS (Accessible through the Student Portal)

<https://www.tumblebooklibrary.com/book.aspx?id=6833>

Oscar Peterson (August 15, 1925 – December 23, 2007) was a Canadian jazz pianist, virtuoso, and composer. He released over 200 recordings, won eight Grammy Awards, and received numerous other awards and honors. He is considered one of the greatest jazz pianists, and played thousands of concerts worldwide in a career lasting more than 60 years.

Family Activities:

1. Watch these videos together:
 - a. [Video #1 : Oscar Peterson Jazz Excercises #2](#)
 - b. [Video #2 : Oscar Peterson - Jazz Excercises](#)
2. After the Video Discuss : If you could use a feeling word to describe the music, what would it be?
3. **Activity** Rhythm is the foundation for playing music. Both of these video clips have 4 “beats” per measure. Play the video clip and clap along. Now, count and clap 1-2-3-4
4. **Activity** The first video show the notation of the of the music. The right hand follows the notes written in “treble clef”. Can you try and trace a treble clef? Look a the picture below.



SPOTLIGHT

MARTIN LUTHER KING JR.

Books:

For young readers and/or an introduction to MLK Jr.: “The Story of Martin Luther King Jr.” by Johnny Ray Moore; Illustrated by Amy Wummer

For 1st-5th Grades: “I am Martin Luther King Jr.” by Brian Meltzer; Illustrated by Christopher Eliopoulos

Due to content (enslavement, assassination, etc.), for 4th-5th Grades: “A Picture Book of Martin Luther King Jr.” by David Adler

Martin Luther King Jr.: Martin Luther King Jr. (January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. King is best known for advancing civil rights through nonviolence and civil disobedience, inspired by his faith and the nonviolent activism of Mahatma Gandhi. King participated in and led marches for blacks' right to vote, desegregation, labor rights, and other basic civil rights. King led boycotts, nonviolent protests, and the famous 1963 March on Washington, where he delivered his famous “I Have a Dream” speech on the steps of the Lincoln Memorial. On October 14, 1964, King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. Hundreds of streets in the U.S. have been renamed in his honor, including in Seattle. Our very own “King County” was rededicated for him. The Martin Luther King Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.

Activity: Either print out the image ([LINK HERE](#)) or grab a piece of paper and draw the clouds. Then fill in the dreams you each have for your family, school, community, and world, helping younger learners with writing as needed. What will you do to make those dreams come true? What is one thing you can do for someone else to help them feel included?

I have a dream...

Name: _____

for my school.

for my community.

for my family.

for the world.





VIRTUAL EVENTS

BLACK HISTORY VIRTUAL EVENTS

BLACK HISTORY MONTH VIRTUAL CONCERT : PRESERVING & PERSEVERING THURSDAY, FEBRUARY 25TH 5:00 PM PACIFIC STANDARD TIME

Black History Month Virtual Concert: Preserving and Persevering recognizes that one of the most underappreciated contributions to American music is the African sound and spirit. CCC's 2021 Black History Month concert explores how the power of Black music has been the cultural key in both preserving African traditions in America and in helping millions persevere in the face of racial injustice. Join us for a dynamic virtual educational program and performance exploring music's role for Black Americans in maintaining a sense of community in the United States. Put on by Chicago's Children's Choir.

<https://ccchoir.org/event/black-history-month-virtual-concert-2021/>

VIEW RIDGE PTA DEI EQUI-TEA : WHAT IS RESTORATIVE JUSTICE?

WEDNESDAY, FEBRUARY 24TH 7:00 PM PACIFIC STANDARD TIME

DEI Committee is hosting a safe space conversation in an ongoing series to build a community charter. "What is Restorative Justice?" is part of the 13 principles of [Black Lives Matter at School Curriculum](#).

About the Film

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.

A powerful true story about the [Equal Justice Initiative](#), the people we represent, and the importance of confronting injustice, [Just Mercy is a bestselling book by Bryan Stevenson](#) that has been adapted into a feature film.

