

Month	Heritage Month	Date	History/Learning	Take Action	Description
1st Quarter					
January	MLK Day	16-Jan	https://www.history.com/news/martin-luther-king-jr-day-controversial-origins-of-the-holiday https://naacp.org/find-resources/history-explained/civil-rights-leaders/martin-luther-king-jr	https://www.teachforamerica.org/one-day/ideas-and-solutions/19-resources-and-ideas-to-celebrate-the-mlk-day-of-service https://camp.com/articles/ways-to-celebrate-martin-luther-king-jr-day-at-home	A day that honors Dr. Martin Luther King Jr. and his contributions to civil rights and equal rights for black americans in the country.
February	Black History Month	Month-long	https://www.history.com/topics/black-history/black-history-month	https://centerracialjustice.org/resources/black-history-month-resource-guide-for-educators-and-families/ https://www.segregatedbydesign.com/	A month to celebrate the history and contributions of Black Americans in America.
March	National Women's History Month	Month-long	https://www.history.com/topics/holidays/womens-history-month https://www.equalityrights.org/cera-blog/systemic-barriers-of-womens-right-to-housing	https://www.ted.com/talks/michelle_mehrtens_the_historic_women_s_suffrage_march_on_washington	A celebration of women's contributions to history, culture and society. The National Women's History Alliance designates a yearly theme for Women's History Month. The 2023 theme is "Celebrating Women Who Tell Our Stories."
March	International Women's Day	8-Mar	https://abundanthousingla.org/the-housing-crisis-is-a-womens-issue/ https://www.internationalwomensday.com/About	https://www.internationalwomensday.com/EventSearch https://www.internationalwomensday.com/Theme https://www.ted.com/talks/yassmin_abdel_magied_what_does_my_headscarf_mean_to_you?fbclid=IwARoTMSyqfC_25sN-BMNrJ7Ln7BgdVXxGHa6DIO4dpV1ftoQzvkntgfzyOpk#t-650925	IWD 2023campaign theme: #EmbraceEquity
March	Ramadan	Mar 22 - Apr 21	https://www.history.com/topics/holidays/ramadan		Ramadan is a holy month of fasting, introspection and prayer for Muslims, the followers of Islam. It is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims. Fasting is one of the five fundamental principles of Islam. Each day during Ramadan, Muslims do not eat or drink from dawn to sunset. They are also supposed to avoid impure thoughts and bad behavior.
2nd Quarter					
April	National Volunteer month	Month-long	https://nationaltoday.com/national-volunteer-month/	https://wiredimpact.com/blog/how-to-celebrate-volunteer-month/?utm_content=bufferc245b&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer	National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come.

April	National Arab American Heritage Month	Month-long	https://arabamericafoundation.org/national-arab-american-heritage-month/ https://files.constantcontact.com/41d9ec74001/26c3ab10-e6df-4fa1-9ed4-756a475423c2.pdf	https://etmonline.org/arabamericanheritagemonth/# https://pultegroupcares.com/celebrating-arab-american-heritage-month/ https://www.popsugar.com/news/how-to-celebrate-arab-american-heritage-month-48243670	During the month of April, the Arab America Foundation formally recognizes the achievements of Arab Americans through the celebration of National Arab American Heritage Month (NAAHM). Arab America and the Arab America Foundation launched the National Arab American Heritage Month initiative in 2017, with just a handful of states recognizing the initiative. Each year, our grass-roots network of over 250 Arab American volunteers in 26 states gathers hundreds of proclamations from their states, counties, municipalities, and local school districts.
April	Easter	9-Apr	https://www.history.com/topics/holidays/history-of-easter		Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ.
April	Eid al-Fitr	April 21-22	https://www.history.com/topics/holidays/eid-al-fitr		The religious festival Eid al-Fitr, or the "Festival of Breaking the Fast," is one of two major holidays celebrated by Muslims. commemorates the end of the fasting month of Ramadan
May	Asian Pacific American Heritage Month	Month-long	https://apasf.org/about/#what	https://teambuilding.com/blog/asian-heritage-month-ideas	Honors Asian culture and the achievements of the Asian community within the United States and across the world.
May	Mental Health Awareness Month	Month-long	https://www.mhanational.org/our-history	https://www.mhanational.org/mental-health-month	Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health.
June	Pride Month	Month-long	https://www.britannica.com/topic/Gay-Pride https://www.history.com/pride	https://static1.squarespace.com/static/5f5c5fe5f1fce135eb3ca5b9/t/60bf7bc4b96a021c6b64ed01/1623161796957/5-THINGS-LGBTQ.pdf	Pride Month commemorates the ongoing pursuit of equal justice for the lesbian, gay, bisexual, transgender, and queer community and celebrates the accomplishments of LGBTQ individuals.
June	Juneteenth	19-Jun	https://www.history.com/news/what-is-juneteenth	https://www.juneteenth.com/how-to-celebrate/	Juneteenth commemorates the effective end of slavery in the United States and is considered the longest-running African American holiday.
June	Eid al-Adha	Jun 28-29	https://www.history.com/topics/holidays/eid-al-adha		Eid al-Adha, or the "Feast of Sacrifice," signifies the willingness of the Prophet Ibrahim, known as Abraham in Christianity and Judaism, to sacrifice his son, Ismail as ordered by Allah. The holiest of two major Muslim holidays.

3rd Quarter					
July	Canada Day	1-Jul	https://www.canada.ca/en/canadian-heritage/services/canada-day-history.html https://www.history.com/this-day-in-history/canadian-independence-day	https://teambuilding.com/blog/virtual-canada-day	Canada's national holiday is celebrated on July 1. Canadians across the country and around the world show their pride in their history, culture and achievements.
August	International Day of the World's Indigenous Peoples	9-Aug	https://www.un.org/en/observances/indigenous-day https://nationaltoday.com/international-day-of-the-worlds-indigenous-people/	https://www.globalcitizen.org/en/content/topics/international-day-of-the-worlds-indigenous-peoples/ https://www.youtube.com/watch?v=xko-yebNA_o	On this day, people from around the world are encouraged to spread the UN's message on the protection and promotion of the rights of indigenous peoples.
4th Quarter					
September	Rosh Hashanah	Sep 15-17	https://www.jewishvirtuallibrary.org/rosh-hashanah-history-and-overview		Rosh Hashanah is the autumnal festival celebrating the start of the Jewish New Year. Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year.
Sept October	Hispanic Heritage Month	Sept 15 - Oct 15	https://www.history.com/topics/hispanic-history/hispanic-heritage-month	https://teambuilding.com/blog/hispanic-heritage-month	an annual celebration of the history and culture of the U.S. Latinx and Hispanic communities. commemorates how those communities have influenced and contributed to American society at large.
September	Yom Kippur	Sep 24-25	https://www.history.com/topics/holidays/yom-kippur-history#:~:text=According%20to%20tradition%2C%20the%20first,the%20sacred%20tablets%20in%20anger.		Yom Kippur—the Day of Atonement—is considered the most important holiday in the Jewish faith. it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year.
October	Indigenous Peoples' Day	9-Oct	https://www.whitehouse.gov/briefing-room/presidential-actions/2021/10/08/a-proclamation-indigenous-peoples-day-2021/ https://americanindian.si.edu/nk360/informational/columbus-day-myths https://www.npr.org/2021/10/11/1044823626/indigenous-peoples-day-native-americans-columbus		Indigenous Peoples' Day helps correct a "whitewashed" American history that has glorified Europeans like Italian explorer Christopher Columbus who have committed violence against Indigenous communities. Native Americans have long criticized the inaccuracies and harmful narratives of Columbus' legacy that credited him with his "discovery" of the Americas when Indigenous people were there first.

October	Global Diversity Awareness Month	Month-long	https://nationaltoday.com/global-diversity-awareness-month/	https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story https://blog.vantagecircle.com/global-diversity-awareness-month/	Pays tribute to the diverse minds and beliefs held by all cultures around the world. We live in a multicultural society and embracing the values of various cultures only strengthens our understanding and appreciation of the world. Diversity Awareness Month is all about opening dialogues that foster an appreciation of the differences that separate us as well as the similarities that unite us
October	National Disability Employment Awareness Month	Month-long	https://damonbrooks.com/2017/09/history-disability-awareness-month/	https://www.dol.gov/agencies/odep/initiatives/ndeam https://www.ndrn.org/resource/ndeam/	Pays tribute to the accomplishments of the men and women with disabilities whose work helps keep the nation's economy strong and by reaffirming their commitment to ensure equal opportunity for all citizens.
November	National American Indian/Alaska Native Heritage Month	Month-long	https://nativeamericanheritagemonth.gov/about/ https://nativeamericanheritagemonth.gov/about/	https://artsandculture.google.com/story/GAUhe-CULT6IPQ	This month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people.
November	Diwali	Nov 12-16	https://www.learnreligions.com/diwali-festival-of-lights-1770151 https://www.history.com/news/the-ancient-origins-of-indias-biggest-holiday		The biggest and the brightest of all Hindu festivals. It is the festival of lights. Linked to multiples stories, most celebrate the triumph of good over evil.
December	Human Rights Day	10-Dec	https://www.un.org/en/observances/human-rights-day	https://nationaltoday.com/human-rights-day/ https://www.youtube.com/watch?v=OoBvzI-YZf4	Human Rights Day commemorates the day the General Assembly of the UN adopted and proclaimed the Universal Declaration of Human Rights.
December	Hanukkah	Dec 7-15	https://www.history.com/topics/holidays/hanukkah#:~:text=The%20eight%2Dday%20Jewish%20celebration,oppressors%20in%20the%20Maccabean%20Revolt.	https://www.myjewishlearning.com/article/hanukkah-at-home/	An eight-day Jewish celebration that commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where Jews rose up against their Greek-Syrian oppressors in the Maccabean Revolt.
December	Christmas	25-Dec	https://www.history.com/topics/christmas/history-of-christmas		Christians, followers of Jesus Christ, celebrate his birth on December 25. Christians believe the conception and birth of Jesus is how the Son of God became a human.
December	Kwanzaa	Dec 26-Jan 1	https://www.history.com/topics/holidays/kwanzaa-history	https://thegrio.com/2021/12/25/how-to-celebrate-kwanzaa-holiday/	Kwanzaa is an annual seven-day African-American and pan-African holiday celebration that takes place from December 26 to January 1. For seven days, a principle (Nguzo Saba) is reflected upon such as unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. The final day climaxes with gift-giving and a feast called Karamu Ya Imani. The festival is a nonreligious holiday inspired by West African harvest celebrations. The word Kwanzaa means "first fruits."