

ARE YOU AWARE?

SEPTEMBER 2022

Suicide Prevention Month

All month each September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Learn more at [988 Suicide & Crisis Lifeline](#). Community Partner, The Family Center, is having a Q.P.R. Training session Sept. 26 from 7-8 p.m. [Click here for more information.](#)

Hispanic Heritage Month

Hispanic Heritage Month begins September 15 and ends on October 15, 2022. Each year, we celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic Americans who have positively influenced and enriched our nation and society.

DID YOU KNOW?

Rosh Hashanah commemorates the Jewish New Year and the creation of the world. It is one of two Jewish "high holidays" and centers on personal introspection. It also marks the beginning of a 10-day period focused on prayer, repentance and charity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Suicide Prevention Month	Hispanic Heritage Month			1	2	3
4	5	6	7	8	9	10 Suicide Prevention Day
11	12	13	14	15 Hispanic Heritage Month Begins	16	17
18	19	20	21	22	23	24
25 Rosh Hashanah begins at sundown	26 Rosh Hashanah Family Center Suicide Prevention Training	27 Rosh Hashanah ends at sundown	28	29	30	

ARE YOU AWARE?

OCTOBER 2022

International Day of Non-Violence

Observed on October 2, the birthday of Mahatma Gandhi, this day, established in 2007, is an occasion to disseminate the message of non-violence, including through education and public awareness. [Click here to learn more.](#)

Indigenous Peoples Day

October 10, 2022 is Indigenous Peoples Day, a day established by many U.S. cities, states and, in 2021, by President Biden, to celebrate and honor Native American peoples and commemorate their histories, resilience, cultures and contributions. Read more about this important initiative at www.whitehouse.gov.

DID YOU KNOW?

Yom Kippur is the most holy and solemn day of the Jewish Calendar. It marks the end of ten days known as the High Holy Days. These days begin with Rosh Hashanah. Between Rosh Hashanah and Yom Kippur observers seek forgiveness between themselves and others. On Yom Kippur observers seek forgiveness from God.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hispanic Heritage Month Continues						1
2 International Day of Non-Violence	3	4	5 Yom Kippur*	6	7	8
9	10 Indigenous Peoples Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Diwali	25	26	27	28	29
30	31	Diwali Diwali, the festival of lights, is India's most prominent holiday and is celebrated in grand fashion by more than one billion Hindus, Sikhs and Jains globally. The holiday is recognized with five days of prayer, feasts, fireworks and more as celebrants rejoice about the triumph of light over darkness, knowledge over ignorance and good over evil.				

*All Jewish holidays begin at sunset the evening before the full day of observance.

ARE YOU AWARE?

NOVEMBER 2022

National Diabetes Month

Diabetes is a serious condition that impacts more than 30 million people across the country. National Diabetes Month, an annual event taking place each November, aims to boost awareness about risk factors, symptoms, and types of diabetes. For more information about Type 1 and 2 diabetes and National Diabetes Month, visit www.diabetes.org.

DID YOU KNOW?

Transgender Day of Remembrance takes place on Nov. 20. This day is an annual observance that honors the memory of transgender people who lost their lives to anti-transgender violence.

Learn more about this day and issues facing the transgender community at [this link](#).

Native American Heritage Month

Native American Heritage Month takes place each November and is an opportunity to recognize the rich ancestry and traditions of Native Americans.

Learn more at

www.nativeamericanheritagemonth.gov.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Native American Heritage Month	National Diabetes Month	1 Día de los Muertos	2 Día de los Muertos	3	4	5
6	7	8 Election Day	9	10	11 Veterans Day	12
13	14	15	16 International Day for Tolerance	17	18	19
Hunger & Homelessness Awareness Week						
20 Transgender Day of Remembrance	21	22	23	24 Thanksgiving	25 Native American Heritage Day	26
27	28	29	30	Hunger & Homelessness Awareness Week This week is an annual program where people come together across the country to draw attention to the problems of hunger and homelessness. Click this link for more information. ARE YOU AWARE that in GPPSS we have students who face hunger and homelessness each year? Our mission is to support these students by connecting them with social workers, counselors and school psychologists and support their families by connecting them to resources to apply for work, grants for housing and state benefits. Reach out to fannonr@gpschools.org if you or someone you know is facing hunger or homelessness.		

ARE YOU AWARE?

DECEMBER 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

BODHI DAY

Bodhi Day is the Buddhist holiday that commemorates the day that Siddhartha Gautama (Shakyamuni Buddha) is said to have attained enlightenment under the Bodhi tree. In Japan, Mahayana Buddhists commemorate this day by meditating, studying, chanting Buddhist texts (sutras), and performing kind acts towards others.

HANUKKAH

Hanukkah celebrates the rededication of the Temple in Jerusalem after its defilement by an oppressive regime in 164 BCE. During this Jewish holiday, celebrants light candles successively, commemorating the miracle of eight nights of light supplied by only one evening's worth of oil found on the historic recovery of the Temple.

MORE ABOUT KWANZAA

Founded in 1966, Kwanzaa is a week long holiday celebrating African-American heritage. Observed with candle lighting ceremonies, feasts, and reflections on past struggles and future hopes, Kwanzaa is derived from the word "first" in Swahili and takes inspiration from the start of the harvest season in Africa.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 International Day for Persons with Disabilities
4	5	6	7	8 Bodhi Day	9	10 Human Rights Day
11	12	13	14	15 Bill of Rights Day	16	17
18 Hanukkah begins at sunset	19	20	21	22	23	24
25 Christmas Last night of Hanukkah	26 Kwanzaa begins	27	28	29	30	31
Jan 1 Kwanzaa ends				DID YOU KNOW? December 25 is not the date mentioned in the Bible as the day of Jesus's birth. The Bible is actually silent on the day or the time of year when Mary gave birth to him in Bethlehem.		

ARE YOU AWARE?

JANUARY 2023

EPIPHANY

This Christian holiday marks the amount of time it took after the birth of Jesus for the wise men to travel to Bethlehem.

ORTHODOX CHRISTMAS

Many Orthodox Christians celebrate Christmas Day according to the Julian calendar.

LUNAR NEW YEAR

Lunar New Year is a 15-day celebration when friends and family gather for feasts and festivities in China, Korea, Vietnam, Japan, and countries across the world. It begins on the first new moon between January and February. Friends and family set off firecrackers, share envelopes containing coins, and talk about happy things to attract good and protect against bad fortune.

WORLD BRAILLE DAY

The World Blind Union and its partner organizations celebrated the 200th anniversary of the birth of Louie Braille on Jan. 4, 2009. In 2018, the UN General Assembly made the date an official observance to celebrate the awareness of the importance of braille as a means of communication.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4 World Braille Day	5	6 Epiphany	7 Orthodox Christmas
8	9	10	11	12	13	14 Pongal begins
15 World Religion Day	16 MLK Jr. Day*	17 Pongal ends	18	19	20	21
22 Lunar New Year	23	24	25	26	27 International Holocaust Remembrance Day	28
29	30	31				

PONGAL

This four-day Hindu harvest festival celebrates the changing of the seasons. Families throw useless items into a bonfire, cook a dish in a clay pot called pongal (which also means "to boil,"), and fly kites.

NATIONAL BLOOD DONOR MONTH

The month of January is usually a period of critical blood shortages. People stop donating blood during the holidays and when they get sick during cold and flu season.

*While Martin Luther King, Jr.'s birthday is Jan. 15, it is celebrated as a federal holiday on the third Monday of January.

ARE YOU AWARE?

FEBRUARY 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

NATIONAL FREEDOM DAY

February 1 commemorates the signing of the 13th Amendment, which abolished slavery in 1865.

AMERICAN HEART MONTH

The American Heart Association sponsors American Heart Month in February to raise awareness about heart health by encouraging physical activity, mental well-being, and life skills development.

ASH WEDNESDAY

For Western Christian churches, Ash Wednesday marks the first day of Lent, a 40-day period of spiritual preparation for Easter that includes prayer, doing good deeds, and fasting. During mass on this day, a priest places the ashes on a worshiper's forehead in the shape of a cross.

DID YOU KNOW?

Phillis Wheatley was the first published African American writer at 14 years old in 1767.

Ida B. Wells was a journalist who risked her life to speak out against segregated schools and other forms of discrimination in the southern states.

Thurgood Marshall was the first African American justice to serve on the Supreme Court in 1967.

Black History Month	American Heart Month		1 National Freedom Day	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15 Nirvana Day	16	17	18
19	20 Presidents' Day	21 Shrove Tuesday	22 Ash Wednesday	23	24	25
Mid-Winter Break						
26	27	28	BLACK HISTORY MONTH			

DID YOU KNOW?

On Nirvana Day, Buddhists remember friends or relations who have recently died. The idea that nothing stays the same is important to Buddhism. Buddhists believe that loss and change are things to be accepted rather than causes of sadness.

BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Dating back to 1915, a half century after the 13th Amendment abolished slavery in the U.S., the event was the brainchild of noted Harvard trained historian Carter G. Woodson and other prominent African Americans.

Since 1976, every U.S. president has officially designated February as Black History Month.

ARE YOU AWARE?

MARCH 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

INTERNATIONAL WOMEN'S DAY

First celebrated on March 8, 1914, this global push for equality has become an annual staple for global awareness around women's issues.

RAMADAN

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. It ends at sundown on April 21.

DID YOU KNOW?

Celebrated as a national holiday in India and commemorated by Hindus all over the world, Holi is a joyous celebration of the first spring harvest. Its tradition of throwing vibrantly colored powders has led to its recognition all over the world as the Festival of Colors. Various legends are connected to its origin and all their messages focus on goodness, renewal and love.

Women's History Month			1	2 World Teen Mental Health Awareness Day	3	4
5	6	7 Purim*	8 Holi International Women's Day	9	10	11
12	13	14 Anniversary of MLK visit to Grosse Pointe	15	16	17 St. Patrick's Day	18
19	20 Vernal Equinox	21 World Down Syndrome Day	22	23 Ramadan Begins	24	25
26	27	28	29	30	31	
Spring Break						
			PURIM A joyous celebration of the bravery of Queen Esther who saved the Jews from annihilation by an anti-semitic Persian prime minister in about 357 BC. On Purim, Jewish people revisit the story, do good deeds and, especially, provide for those who need support.			

* From sundown on March 6 to sundown on March 7

ARE YOU AWARE?

APRIL 2023

PASSOVER

One of the most sacred and widely observed Jewish holidays, Passover commemorates the Israelites' exodus from ancient Egypt and freedom following 400 years of slavery. Commonly observed rituals include the removal of leavened products from the home, substitution of matzo for bread, and retelling of the exodus story through two seders — meals featuring foods symbolic of slavery and freedom.

EID AL-FITR

The "Feast of the Breaking of the Fast" marks the end of Ramadan, observed by Muslims worldwide as a month of fasting, prayer, reflection and community.

PURPLE IN THE POINTES

Full Circle Foundation is inviting the community to Light It Up Purple for Autism Awareness Month as we celebrate our friends and neighbors with physical, emotional and cognitive challenges.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Autism Month	<u>Stress Awareness Month</u>					1
2	3	4	5	6 Passover Begins*	7 Good Friday (No School)	8
9 Easter	10	11	12	13 Passover Ends	14 Holy Friday (Eastern Orthodox Christian)	15
16 Pascha (Easter) (Eastern Orthodox Christian)	17	18 Yom Hashoah (Holocaust Remembrance Day)	19	20	21 Eid Al-Fitr (Ramadan ends at sundown)**	22 Earth Day
23	24	25	26	27	28	29
30	DID YOU KNOW? National Poetry Month was introduced in 1996 by the Academy of American Poets to increase awareness and appreciation of poetry.			ARAB AMERICAN HERITAGE MONTH Celebrates the Arab American heritage and culture and pays tribute to the contributions of Arab Americans and Arab-speaking Americans.		

* From sundown on April 5 to sundown on April 13

** Ramadan began on March 23. See March calendar for more information.

ARE YOU AWARE?

MAY 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

MONTH-LONG OBSERVANCES

- Asian American and Pacific Islander Heritage Month
- Jewish American Heritage Month
- Mental Health Awareness Month

BUDDHA DAY (WESAK)

On this most important holiday in Buddhism, Buddhists clean and decorate the temples. In Theravada countries, this day is known as Wesak and marks the Buddha's birth, enlightenment and death.

SHAVUOT

During this two-day religious observance, Jewish people remember the covenant made with God at Mount Sinai and renew their dedication to the Torah.

PENTECOST

Pentecost celebrates the birthday of the Christian church, when God's Spirit descended upon the Apostles and followers of Jesus Christ.

	1	2	3	4	5 Buddha Day Cinco de Mayo	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20
21 Mental Health Fair and Suicide Prevention Walk at GP North	22	23	24	25	26 Shavuot*	27 Shavuot*
28 Pentecost	29 Memorial Day (No School)	30	31			

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

The #MoveinMay campaign shines a spotlight on healthy living. Adopting a healthier lifestyle reduces stress and the risk of chronic diseases. Exercise can make us less anxious and depressed. It can also help teens develop leadership and relationship-building skills early on.

*Begins at sundown on May 25 and ends at sundown on May 27.