

# INCLUSION MATTERS

## March Newsletter



March is a month of renewal, growth, and empowerment—a perfect time to celebrate inclusion in all its forms.

As we welcome Women's History Month, we honor the contributions of women past and present who have paved the way for progress and equality. March also brings International Women's Day, a global call to action for gender equity and inclusion. Beyond gender, this month is an opportunity to reflect on how we can uplift all voices, embrace diverse perspectives, and create spaces where everyone feels valued. Let's keep building a culture of belonging—one conversation, one action, and one step at a time.



# INCLUSION MATTERS



## EVENTS

**March 7 – PA Day**

**March 8 – International Women's Day**

**March 10–14 – March Break!**

**March 20 – Spring Equinox**

**March 31 – PA Day**



## PARENT CORNER!

### March Break Registration

Spots are filling up quickly, and some programs already have a waitlist! Register now to secure a spot for your child in a fun and engaging March Break program.

### Summer Camp Registration

Summer may feel far away, but camp spots fill up quickly! Register early to ensure your child has a spot in a fun and engaging program.

### PA Day Programming

BGC will be open on both PA Days this month! That's March 7th and March 31st! Make sure to register ahead of time as spots fill up fast!

### Let's Celebrate Women!

Women inspire, lead, and create change every day. Let's uplift their voices, recognize their contributions, and celebrate their impact!

### Importance of Pretend Play

This newsletter will look at the importance of pretend play on page 7. Pretend play sparks creativity, builds social skills, and helps children make sense of the world!

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## Women's History Month



March is Women's History Month—a time to celebrate the achievements, resilience, and contributions of women throughout history and today. It's also a reminder of the ongoing journey toward gender equity and inclusion. Let's honor diverse voices, uplift future leaders, and take action to create a more inclusive future for all.



Maya Angelou

A poet, author, and civil rights activist. She gave voice to the experiences of Black women and continue to inspire readers worldwide.



Malala Yousafzai

Surviving an assassination attempt for advocating girls' education in Pakistan, Malala Yousafzai became the youngest Nobel Peace Prize laureate.



Marie Curie

A pioneering physicist and chemist, she was the first woman to win a Nobel Prize—and the only person to win in two scientific fields (Physics and Chemistry).



Serena Williams

One of the greatest athletes of all time, she has earned 23 Grand Slam titles while advocating for gender equality, maternal health, and Black women's representation in sports.



## International Women's Day

DATE: MARCH 8TH

International Women's Day is a reminder to celebrate women's achievements and push for gender equity. It's a day to challenge biases, advocate for equal opportunities, and support the women who inspire change. Let's celebrate and uplift them every day!

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## It's time for the Spring Equinox

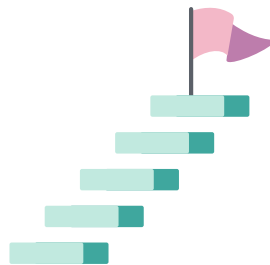


As the seasons change and winter turns to spring, the Spring Equinox reminds us of balance—when day and night are equal. This is a time of renewal, growth, and fresh beginnings. Just as nature welcomes the new season, we too can embrace change and new opportunities.

The equinox teaches us the importance of balance—not just in nature, but in our daily lives. It's a great time for families, children, and staff to think about fairness, kindness, and making sure everyone feels included. Whether at home, in school, or in our communities, we can use this time to support each other and appreciate our differences.



Try New Things



Set Goals



and Grow...



Parents can encourage children to explore new activities, teachers can introduce fresh learning experiences, and staff can find ways to create welcoming spaces for all.

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## TRANSGENDER DAY OF VISIBILITY (MARCH 31)

Transgender Day of Visibility (TDOV), observed annually on March 31, is a time to recognize and celebrate the achievements and contributions of transgender and nonbinary individuals. It is also an opportunity to raise awareness about the challenges they continue to face and to advocate for a more inclusive and equitable society.

### Why Visibility Matters

Visibility fosters understanding and acceptance. By highlighting the stories and experiences of transgender people, we help break down

#### STEREOTYPES AND COMBAT MISINFORMATION.

Representation in media, education, and leadership empowers transgender individuals and encourages inclusivity in all areas of life.

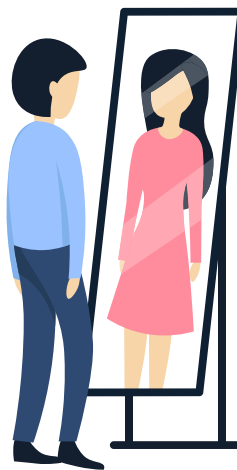


True support goes beyond recognition. Allies can take meaningful action by listening to and amplifying transgender voices, advocating for policies that protect their rights, and creating safe, affirming spaces in schools, workplaces, and communities.



Inclusion means ensuring that everyone—regardless of gender identity—has the opportunity to thrive. By educating ourselves, challenging bias, and standing in solidarity, we contribute to a world where transgender and nonbinary individuals are valued, respected, and celebrated.

**ON THIS TRANSGENDER DAY OF VISIBILITY, LET'S COMMIT TO FOSTERING A CULTURE OF ACCEPTANCE, SUPPORT, AND ADVOCACY. TOGETHER, WE CAN CREATE A SOCIETY WHERE ALL IDENTITIES ARE SEEN, HEARD, AND EMBRACED.**



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## NEURODIVERSITY AWARENESS AND ACCEPTANCE

Neurodiversity refers to the natural differences in how people think, learn, and process the world around them.

Includes individuals with...



### SIGNS OF NEURODIVERSITY

#### SENSORY SENSITIVE



#### FIDGETING



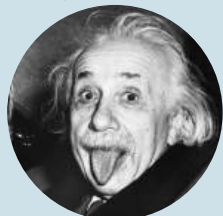
#### HIGHTENED ANXIETY



#### FORGETFULNESS



### HERE ARE SOME NOTABLE FIGURES YOU MAY NOT HAVE REALIZED ARE NEURODIVERSE!



Albert Einstein



Tim Burton



Emma Watson



Simone Biles



Greta Thunberg



Creating an inclusive environment starts with

### AWARENESS

Open conversations, education, and representation help break down misconceptions and promote a more accepting world.



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## IMPORTANCE OF DRAMATIC PLAY!

Dramatic play, or pretend play, is more than just fun—it's a vital part of childhood development. When children engage in imaginative play, they build essential skills that support cognitive, social, and emotional growth.

### ENCOURAGING CREATIVITY AND PROBLEM-SOLVING



Through pretend play, children explore different scenarios, experiment with ideas, and develop creative solutions. Whether they're playing house, pretending to be a doctor, or creating an imaginary world, they learn to think outside the box and adapt to new situations.



### BUILDING SOCIAL AND EMOTIONAL SKILLS

Role-playing allows children to practice empathy, cooperation, and communication. By taking on different roles, they gain a better understanding of others' feelings and perspectives.



### ENCOURAGING CONFIDENCE AND INDEPENDENCE



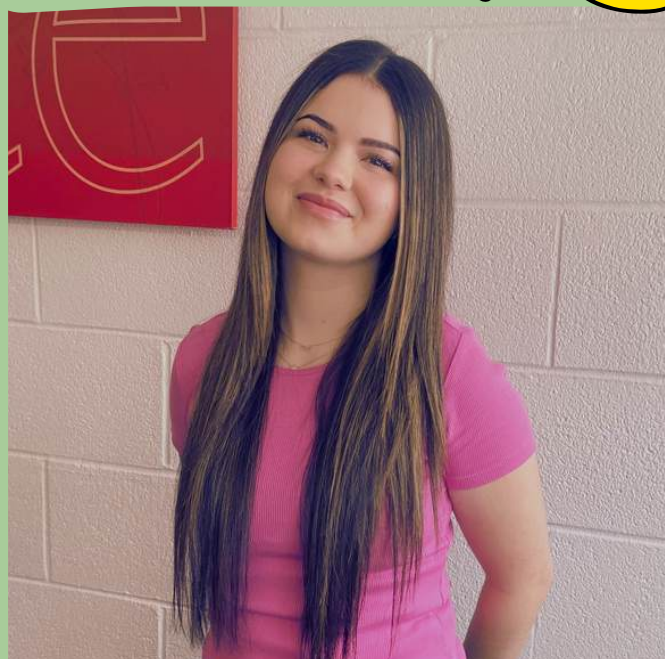
Through role-playing, children experiment with different identities and responsibilities, building self-confidence. They learn to make decisions, take initiative, and feel a sense of accomplishment in their play.



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## DSS SPOTLIGHT!

Hello  
MY NAME IS  
**BANANA**



### My role:

My role at BGC Durham is a designated support worker. This role assists children who need extra help with day to day activities.

### Why is inclusion & diversity Important to you:

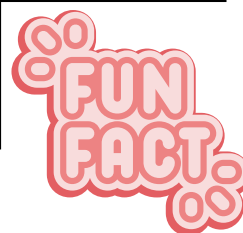
Inclusion and diversity are important to me because I believe that every individual is unique, with their own experiences and challenges. Embracing and fostering inclusion and diversity in our daily lives not only helps create a more equitable and understanding environment, but also promotes growth, learning, and empathy among all individuals. It allows everyone to feel valued and respected, which is essential for building stronger communities and a more harmonious society.

**What's your go-to karaoke song?** Obsessed by Mariah Carey.

**What is your favourite game to play (digital or physical)?** I love playing soccer!

**What's a skill or hobby you've always wanted to learn but haven't yet?** I am looking into learning ASL (American Sign Language). It is an amazing skill to have!

**What do you enjoy most about being a DSS worker? What I enjoy most about being a DSS worker is the opportunity to connect with the children I work with on a daily basis. I take great pride in making them feel heard, understood, and valued, ensuring they know they are seen and important.**



I am a black belt in taekwondo!



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