

INCLUSION MATTERS

March

NEWSLETTER

As we step into March, we welcome a season of growth, reflection, and new beginnings at BGC Durham. Inclusion Matters is our space to celebrate diversity, strengthen belonging, and highlight the ways we can continue building environments where every child, youth, and family feels seen, valued, and supported. This month, we focus on creating opportunities for connection, encouraging empathy in action, and recognizing the unique strengths that make our community so vibrant. Together, we can continue fostering inclusive spaces where everyone has the opportunity to thrive.



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UPCOMING EVENTS

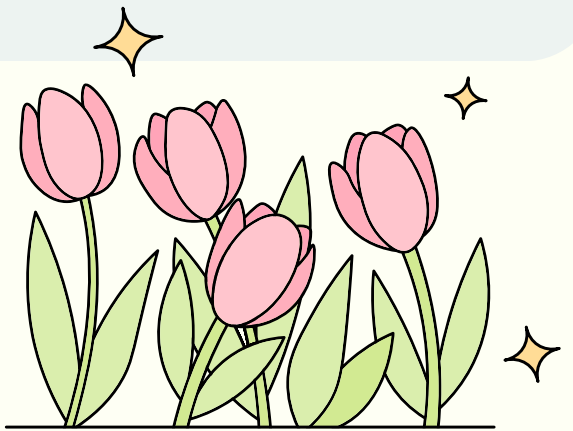
2026

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTH-LONG HERITAGE RECOGNITIONS

- IRISH HERITAGE MONTH
- BANGLADESHI HERITAGE MONTH
- HELLENIC HERITAGE MONTH
- PERSIAN HERITAGE MONTH



3 - WORLD WILDLIFE DAY

8 - INTERNATIONAL WOMENS DAY

15 - INTERNATIONAL DAY TO COMBAT ISLAMOPHOBIA

17 - ST. PATRICK'S DAY

21 - INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

31 - INTERNATIONAL TRANSGENDER DAY OF VISIBILITY

31 - NATIONAL INDIGENOUS LANGUAGES DAY

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World Wildlife Day

MARCH 3



WHAT IS WORLD WILDLIFE DAY?

World Wildlife Day, proclaimed by the United Nations, is a global observance that raises awareness about the world's wild animals and plants while highlighting the importance of protecting biodiversity and preserving natural habitats for future generations.

WHY IT MATTERS

Wildlife plays a vital role in supporting healthy ecosystems that provide clean air, water, and food, with every species—big or small—contributing to the natural balance of our planet; however, many animals and plants are now endangered due to habitat loss, climate change, and pollution.

HOW WE CAN HELP

- Reduce waste and recycle properly.
- Spend time outdoors and learn about local wildlife.
- Support conservation efforts and environmental initiatives.
- Practice kindness toward animals and nature.

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MONTH-LONG HERITAGE RECOGNITIONS

Irish Heritage Month



Irish Heritage Month is celebrated in March across Canada and recognizes the history, culture, and many contributions of Irish Canadians.

Traditional Irish music, step dancing, and storytelling continue to influence arts and culture around the world.



St. Patrick's Day on March 17 is widely celebrated as a day of Irish pride and cultural recognition.



Bangladeshi Heritage Month

Bangladesh is a South Asian country known for its lush green landscapes, many rivers, and the world's largest river delta, the Sundarbans mangrove forest.

The country has a rich cultural tradition that includes poetry, music, dance, visual art, and textile craftsmanship such as handwoven Jamdani fabric.



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HELLENIC HERITAGE MONTH



Greece is a country in southeastern Europe known for its ancient history, beautiful islands, and strong traditions centered around family and community.

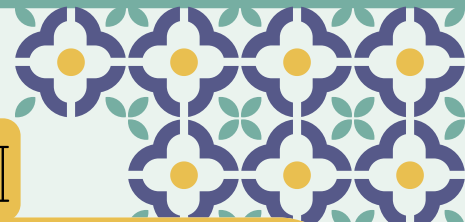
Ancient Greece greatly influenced democracy, philosophy, mathematics, medicine, theatre, and the Olympic Games.



Greek cuisine, music, dance, and festivals continue to enrich multicultural communities across Canada and around the world.



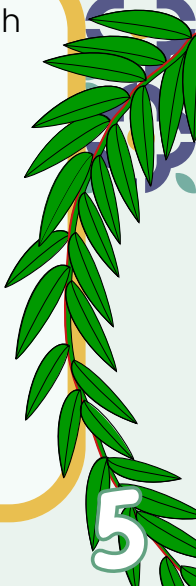
PERSIAN HERITAGE MONTH



Iran, historically known as Persia, is located in Western Asia and is known for its rich history, diverse landscapes, and strong cultural traditions

Nowruz, the Persian New Year celebrated at the start of spring, symbolizes renewal, hope, and fresh beginnings.

Persian culture is widely known for its poetry (including poets such as Rumi and Hafez), art, architecture, music, and storytelling.



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International Women's Day

March 8

What Is International Women's Day?

International Women's Day, celebrated on March 8, is a day to recognize and celebrate the achievements of women and girls around the world. It also reminds us of the importance of fairness, respect, and inclusion, and encourages everyone to help create equal opportunities for all.


~ Why It Matters ~


International Women's Day matters because it celebrates the achievements of women and girls while reminding us that everyone deserves equal opportunities and respect.


It highlights the importance of


- **breaking down barriers,**
- **creating inclusive communities,**
- **and supporting girls in building confidence, resilience, and bright futures.**

How We Can Celebrate?

- Wear Purple to show support and solidarity 

- "Women Who Inspire Me" Wall – draw or write about inspiring women 

- Read a Story featuring strong female leaders 

- Make Thank-You Cards for women in your life 

- Gratitude Circle – share one positive quality about a woman you admire

Empowered Women Empower Women


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SLEEP HYGIENE

At BGC Durham, we recognize that resilience in children grows when their minds and bodies are well supported—and quality sleep is an important part of that foundation. Consistent sleep routines help children regulate emotions, manage stress, strengthen focus, and build the energy they need to navigate challenges with confidence.



Sleep Hygiene BINGO CHALLENGE

AVOID CAFFIENE AFTER 8PM	USE A SLEEP MASK OR BLACKOUT CURTAINS	MADE MY BED THIS MORNING	ATE BREAKFAST	DID PHYSICAL ACTIVITY DURING THE DAY
SPENT AT LEAST 20 MINUTES OUTSIDE	ATE A MEAL NO LESS THAN 2 HRS BEFORE BED	TIDIED MY BEDROOM	AVOIDING SCROLLING ON PHONE BEFORE BED	GOT 8 HRS OF SLEEP AT NIGHT
PRACTICED MEDITATION BEFORE BED	WROTE IN A JOURNAL BEFORE BED		GOT UP WITHOUT HITTING SNOOZE	KEPT PHONE IN ANOTHER ROOM OVERNIGHT
SAID 3 THINGS I'M GRATEFUL FOR BEFORE BED	WROTE A TO-DO LIST FOR THE NEXT DAY	KEPT ROOM BETWEEN 15-19 DEGREES	SET PHONE TO "DO NOT DISTURB" BEFORE BED	TURNED OFF SCREEN 1 HR BEFORE BED
CREATED MY OWN BEDTIME ROUTINE	WAKE UP THE SAME TIME ON WEEKENDS	LAI D OUT TOMORROWS CLOTHES	SCREEN-FREE ACTIVITY BEFORE BED	TAUGHT SOMEONE A SLEEP TIP

Practicing good sleep hygiene, such as maintaining a regular bedtime, limiting screen time before bed, and creating a calm nighttime routine, supports overall well-being and helps children develop the resilience they need to learn, grow, and thrive both in our programs and at home.



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FREE COMMUNITY RESOURCES AND SERVICES



John Howard Society of Durham Region

Located in Oshawa, the John Howard Society of Durham Region offers free support programs for youth and adults. Services include employment readiness programs, housing support, justice diversion programs, and life-skills development. Their team focuses on building confidence, stability, and positive community connections in a respectful, non-judgmental environment.

Check them out at: <https://jhsdurham.ca>



Durham Community Health Centre

The Durham Community Health Centre provides free, community-based health and wellness services to individuals and families facing barriers to care. Programs include primary healthcare, mental-health support, chronic disease management, parenting programs, and community wellness initiatives. Services are inclusive and designed to support overall well-being.

Check them out at: <https://www.durhamchc.ca>



Feed the Need in Durham

Feed the Need in Durham supports local food banks and meal programs across the region by distributing fresh and non-perishable food. While they operate as a distribution centre rather than a direct food bank, they help ensure individuals and families experiencing food insecurity have access to nutritious food through partner agencies throughout Oshawa and Durham Region.

Check them out at: <https://feedtheneedinurham.ca>