

# INCLUSION MATTERS

## April NEWSLETTER

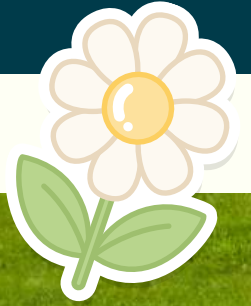


As we welcome April and the fresh energy that spring brings, BGC Durham continues to celebrate the power of inclusion in everything we do. Inclusion Matters is a reminder that creating safe, welcoming, and equitable spaces for every child, youth, and family is a shared commitment. This month, we embrace growth—not only in the season around us, but in our understanding, empathy, and advocacy for one another. Together, we can nurture a community where differences are celebrated, voices are heard, and everyone feels a true sense of belonging.



# INCLUSION MATTERS

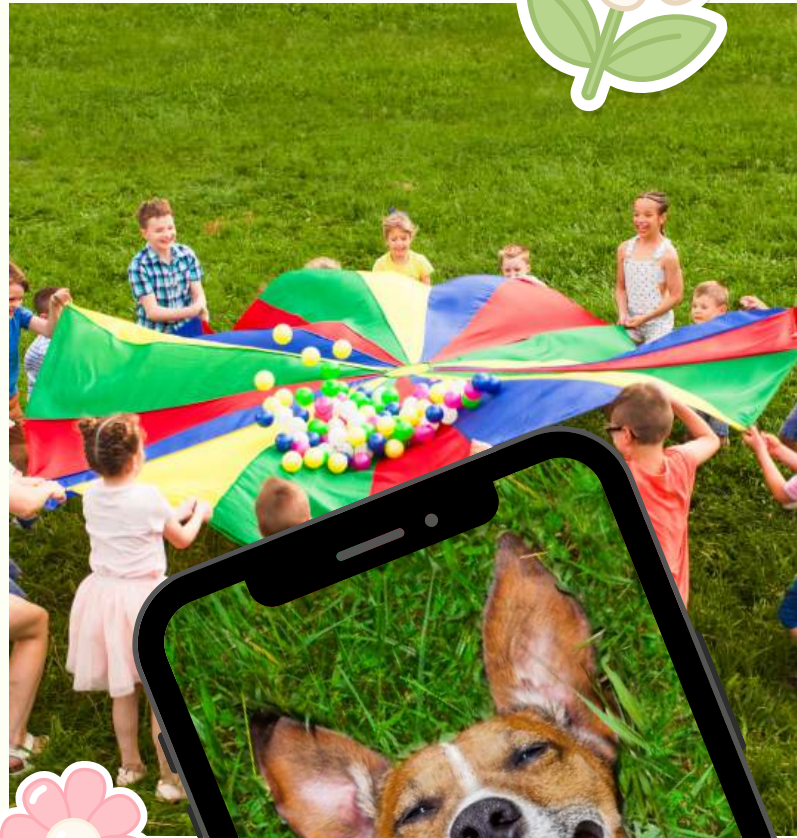
## UPCOMING EVENTS



2026

APRIL

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		



### MONTH-LONG HERITAGE RECOGNITION

SIKH HERITAGE MONTH

- 1 - APRIL FOOLS DAY
- 2 - WORLD AUTISM AWARENESS DAY
- 3 - GOOD FRIDAY
- 6 - EASTER MONDAY
- 17 - PA DAY (PROGRAM RUNNING)
- 22 - EARTH DAY
- 30 - JOURNEY TO FREEDOM DAY



**BE KIND  
KEEP GOING**



APRIL 2026



# INCLUSION MATTERS

## World Autism Awareness Day

April 2

Celebrating different ways of thinking, learning, and connecting

World Autism Awareness Day is a time to learn about autism and appreciate the unique strengths and perspectives autistic individuals bring to our community.

### What is autism?

Autism, or ASD, is a developmental difference that can affect how a person:



**Communicates**



**Interacts with others**



**Processes sensory input**



**Navigates routines**

### How can we be inclusive?



**Be patient & understanding**



**Use clear instructions**



CALM

**Provide calm spaces**



**Respect different communication styles**



### Did you know?



**Autism looks different for everyone**



**Some kids are sensitive to sounds, lights, or crowds**



**Routines can help kids feel safe and confident**



**Special interests help kids shine!**



# INCLUSION MATTERS


## Sikh Heritage Month



### What is Sikh Heritage Month?

Celebrated every April to honor the history, culture & contributions of the Sikh community!

They value:

-  Unity
-  Equality
-  Seva (Selfless Service)

### Did you know?

Sikhism was founded by Guru Nanak in the 15<sup>th</sup> century!



### Important Symbols



Khanda



Kara



Kirpan



Turban

### Sikh Traditions

- Hurdwara (Place of Worship)
- Langar (Community Kitchen)
- Kirtan (Sacred Music)
- Vaisakhi Celebration



# INCLUSION MATTERS



## All About Earth Day



### What is Earth Day?

Earth Day is celebrated on April 22<sup>nd</sup> each year. It is a day to raise awareness about protecting our planet and the environment.



### How Can We Help the Earth?

- Reduce, Reuse, Recycle
- Save water
- Turn off your lights or switch to energy-saving
- Plant trees & bee-friendly flowers
- Clean up litter
- Support local nature (Set up a birdhouse)



### Fun Facts About the Earth

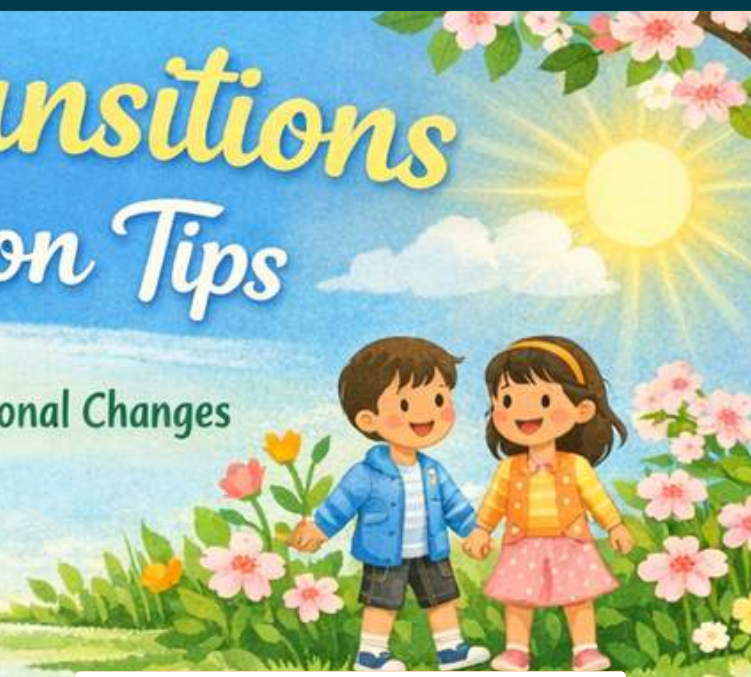
- The Earth is the only planet known to support life
- It is the third planet from the Sun, and the fifth-largest planet
- Over 70% of Earth's surface is covered by oceans
- Earth is struck by lightning about 8.6 million times every day
- Around 86% of Earth's species have not yet been identified
- Earth orbits the sun at a speed of around 30km per second
- We must work together to protect our beautiful planet!



# INCLUSION MATTERS

## Spring Transitions & Regulation Tips

Helping Kids Adjust to Seasonal Changes



### Establish Routines

- Set Bedtimes
- Plan Daily Activities



### Dress for the Weather

- Layer Clothing
- Pack Extra Gear



### Get Outside & Move

- Outdoor Play
- Nature Walks



### Manage Emotions

- Practice Breathwork
- Talk about Feelings



### Healthy Habits for Spring

• Stay Hydrated



• Eat Fresh Foods




• Take Breaks



# INCLUSION MATTERS

## OPPORTUNITIES TO FIX ONE'S MISTAKES

Resilience means understanding that mistakes are not the end—they are opportunities to learn, grow, and try again. Our Grades Check-In cutout sheet is a great way to help children reflect on how they are doing, celebrate their strengths, and recognize areas where they may need a little extra support. By encouraging youth to check in with themselves and set small goals, we can remind them that challenges are part of learning and that every mistake can be a chance to make positive changes moving forward.




## Grades & Goals

### CHECK - IN


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**Feelings Check-In!**

How are you feeling today?




Happy



Okay



Sad



Not Sure

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**My Strengths & Struggles**

I'm great at...


I need help with...

**My Grades Reflection**


How are my grades?



Good



So-So



Need to Improve

I want to work on:

\_\_\_\_\_

**My Goal for the Week!** 


This week, I want to...

\_\_\_\_\_

**My Action Plan:**

\_\_\_\_\_

\_\_\_\_\_

**I Can Get Help By...** 

Who can help me?

\_\_\_\_\_

What do I need?

\_\_\_\_\_

End of the Week Reflection!

Did I reach my goal?  Yes  Not Yet

What did I learn this week?

\_\_\_\_\_

\_\_\_\_\_



# INCLUSION MATTERS

## 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>

