



# Umbrella Family and Child Centres of Hamilton

## **Programs Resource Guide- March 2025**

### **Program Excellence Team**

#### **Zero Discrimination Day:**

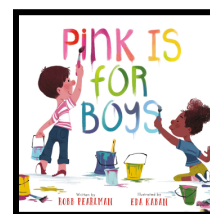
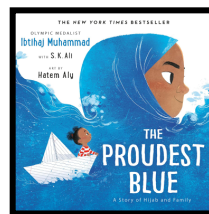
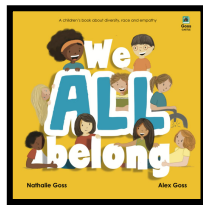
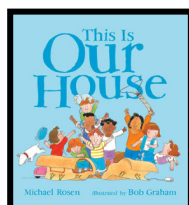
##### **March 1<sup>st</sup>**

On Zero Discrimination Day, is a day set aside to celebrate everyone's right to live a full and productive life—with dignity. Zero Discrimination Day highlights how people can become informed about and promote diversity, inclusion, compassion, peace and, invoke change in our world.



2025 marks the tenth anniversary of Zero Discrimination Day and the theme is “To protect everyone’s health, protect everyone’s rights”.

#### **Books to support Zero Discrimination**



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## **World Down Syndrome Day**

**March 21, 2025**

### ***From:***

***worlddownsyndromeday.org***

World Down Syndrome Day is on 21 March every year. It is a day of global awareness which has been officially observed by the United Nations since 2012. The goal is to help people understand and support those with Down syndrome better.

The date being the 21st day of the 3rd month was chosen to represent the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

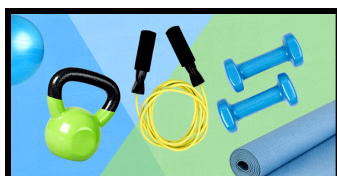
The theme chosen for World Down Syndrome Day, this year is: “We call on all Governments to... Improve Our Support Systems”



### **Ways to Support:**

Wear mismatched socks to spark conversation about Down Syndrome awareness, advocacy and allyship. Invite the children in your program to participate!

Do a 3/21 workout! Do 3 sets of 21 repetitions of an exercise such as jumping jacks, crunches, squats and/or pushups. Get your body moving as a way to honor the date 3/21 (March 21<sup>st</sup>)



## **International Women’s Day**

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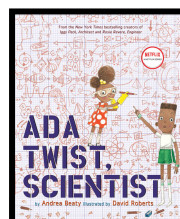
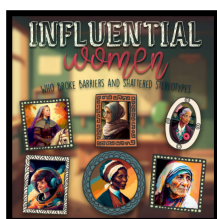
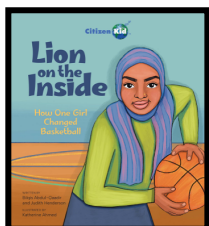
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**March 8<sup>th</sup>, 2025**

International Women's Day is celebrated on March 8<sup>th</sup> every year. On this day people applaud the achievements of women all over the world but also continue to fight for more equality for women.

Ways to support International Women's Day learning in your programs:

- Introduce stories that challenge gender stereotypes and highlight strong female lead characters



Check your classroom for signs of gender stereotyping, including:

- People figures in 'helping' professions are represented by various people
- Books represent women and girls in various roles and identities
- Ensure children are able to explore various roles and classroom areas, for example, girls are able to explore risk play, and construction, and boys are able to explore the home area, and doll play.
- Bring attention to local women of influence (i.e.: Andrea Horwath; mayor of Hamilton)

## **Lent**

Lent is the 40-day period leading up to Easter (excluding Sundays) that starts on Ash Wednesday and ends on Holy Saturday, the day before Easter. The 40 days of Lent involve fasting, prayer to connect deeper with God. Commonly observed by Roman Catholic, Eastern, and some Protestant churches, many use the 40 days of

Lent as a time of personal reflection to prepare your heart and mind for Good Friday and Easter. This year, the Lenten season falls from March 5, 2025 until April 19<sup>th</sup>, 2025

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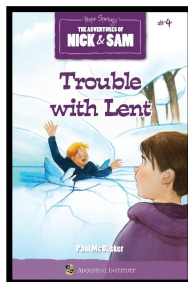
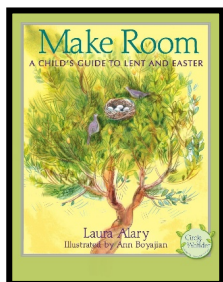
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## **Resources to support learning about Lent:**



## **Ramadan**

Ramadan begins -Friday February 28<sup>th</sup>

What is Ramadan?

Ramadan is the ninth month of the Islamic calendar. Ramadan is considered one of the holiest months. Muslims believe that during this month, the first verses of the Qu 'ran were revealed to the prophet Muhammed 'peace be upon him'. Observing Ramadan is a time of introspection that requires Muslims be mindful of their faith and actively participate in specific rituals of fasting, prayer and charity.

How to support Ramadan in programs:

- Wish Muslim Families and staff members “Ramadan Mubarak” or “Happy Ramadan”
- Ask families who celebrate about their traditions

Things to keep in mind:

- Be mindful of children, parents and colleagues who may be fasting. Be sensitive that their daily schedules may have shifted which may impact their sleeping and eating patterns.
- **Don't:** say things like “I could never do that “or “You must be so hungry”
- **Instead:** Offer support with kind words of support and gracious teamwork.

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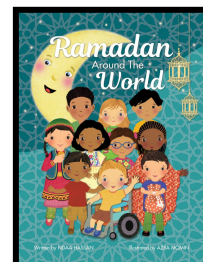
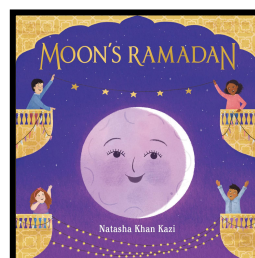
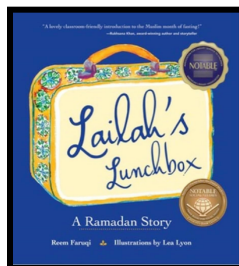
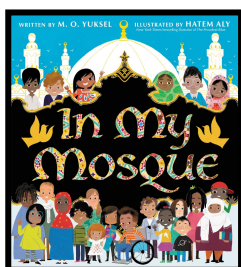
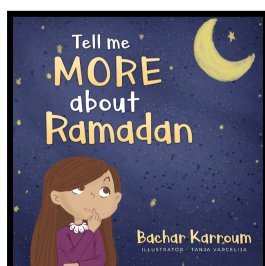
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## Read About Ramadan



Explore Ramadan in the classroom:

*(Ramadan Sensory Exploration)*



- Count the white crescent moons.
- Count the big yellow stars; count the small yellow stars.
- Place pom poms into container using tongs (practicing fine motor skills.) Count the shiny golden pom poms.
- Spot the gold coins and place into the gift box using tongs. How much Eid money is in the gift box?
- Compare the lengths of pipe cleaners. Line up according to longest to shortest or shortest to longest. (source: helloholychdays.com)

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