

INCLUSIVITY BULLETIN



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

UNDIVIDED

THE GDST IS COMMITTED TO DIVERSITY,
INCLUSION, AND REAL CHANGE

MARCH/APRIL 2022

MARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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 ■			

Key

* Holy day that usually begins in the evening or at sunset of the previous day

** Date may vary to this because of religious customs

■ Religious/cultural ■ Awareness and events

March is prostate cancer awareness month, ovarian cancer awareness month, UK Marie Curie Cancer Care's great Daffodil appeal month and women's history month.

■ Religious/cultural

- 1 - St David's day *Christian*
- 1 - Shrove Tuesday *Christian*
- 1 - Lailat al-Miraj * *Islam*
- 1 - Maha Shivratri ** *Hindu*
- 2 - Nineteen day fast begins *Bahā'ī*
- 2 - Ash Wednesday (start of Lent) *Christian*
- 6 - Cheesefare Sunday *Orthodox Christian*
- 7 - Great Lent begins *Orthodox Christian*
- 13 - Feast of Orthodoxy *Orthodox Christian*
- 14 - Nanakshahi (new year) *Sikh*
- 17 - St Patrick's day *Christian*
- 17 - Holika Dahan *Hindu*
- 17 - Purim * *Judaism*
- 18 - Holi * *Hindu*
- 18-20 - Hola Mohalla *Sikh*
- 19 - Lailat al Bara'ah * *Islam*
- 19 - Feast of Saint Joseph *Christian*
- 20 - Ostara *Wicca and Pagan*
- 20 - Nowruz (new year) *Persian and Zoroastrian*
- 21 - Naw-Rúz * *Bahā'ī*
- 25 - Annunciation to the Theotokos *Orthodox Christian*
- 25 - Annunciation of the virgin Mary *Christian*
- 26 - Khordad Sal *Zoroastrian*

■ Awareness and events

- 1 - Zero discrimination day
- 1 - Self-injury awareness day (SIAD)
- 1 - International wheelchair day
- 3 - World hearing day
- 8 - International women's day
- 9-11 - TUC's Women's conference
- 20 - Spring equinox
- 20 - International day of happiness
- 21 - International day for the elimination of racial discrimination
- 21 - World down syndrome day
- 22-23 - TUC's disabled workers' conference
- 24 - World tuberculosis (TB) day
- 25 - International day of remembrance of the victims of slavery and the transatlantic slave trade
- 27 - Mother's day
- 29 Mar-3 Apr - World autism awareness week
- 30 - World bipolar day
- 31 - International trans day of visibility



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March

- Colorectal Cancer Awareness
- Ovarian Cancer Awareness
- Brain Tumour Awareness
- Prostate Cancer Awareness



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International Women's Day

Date: 8th March

The day celebrates the social, economic, cultural and political achievements of women and puts the spotlight on the global action needed to accelerate gender parity.

www.internationalwomensday.com

International Day of Happiness

Date: 20th March

The UN General Assembly adopted a resolution which recognised happiness as a 'fundamental human goal' and called for members to promote happiness and well-being.

www.dayofhappiness.net

Disabled Access Day

Date: 16th March

A day to celebrate good access and create opportunities for people to try something new. The day is about highlighting the fantastic access that already exists in places too.

www.disabledaccessday.com

International Transgender Day of Visibility

Date: 31st March

Celebrated annually on 31st March and is traditionally a time to celebrate transgender people around the world and the courage it takes to live openly and authentically, while also raising awareness about the discrimination trans people continue to face today.

Young Carers Action Day

Date: 16th March

This year's Young Carers Action Day (YCAD) will focus on young carers' futures. Young carers will showcase the incredible skills they develop from caring – like resilience, time-management and empathy, and they will use the #YCAD platform to call on employers and politicians to give them the extra support they need to unleash their potential and realise their dreams.

www.carers.org.uk



World down syndrome day | 21 March

APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 ■	2 ■ ■	3 ■
4	5	6 ■	7 ■	8 ■	9	10 ■
11	12	13 ■	14 ■	15 ■ ■ Good Friday	16 ■	17 ■
18 ■ ■ ■ Easter Monday	19	20	21 ■	22 ■ ■	23 ■	24 ■
25 ■ ■	26 ■	27	28 ■ ■	29 ■	30 ■	

Key

* Holy day that usually begins in the evening or at sunset of the previous day

** Date may vary to this because of religious customs

■ Religious/cultural ■ Awareness and events ■ Public holiday

April is autism awareness month, stress awareness month, bowel cancer awareness month and Parkinson's awareness month.

■ Religious/cultural

2 - Ugadi (new year) *Hindu*
 2 - Ramayana *Hindu*
 3 - Ramadan * begins *Islam*
 10 - Rama Navami *Hindu*
 10 - Palm Sunday *Christian*
 13 - Songkran (Thai new year)
Buddhist
 14 - Birth of the Khalsa (Vaisakhi)
Hindu and Sikh
 14 - Maundy Thursday *Christian*
 14 - Tamil new year *Hindu*
 14 - Mahavir Janma Kalyanak *Jain*
 15 - Good Friday *Christian*
 16 - Hanuman Jayanti *Hindu*
 16 - Lazarus Saturday *Orthodox Christian*
 16 - Theravada new year ** *Buddhist*
 16-23 - Passover * *Judaism*
 17 - Easter Sunday *Christian*
 17 - Palm Sunday *Orthodox Christian*
 18 - Easter Monday *Christian*
 18 - Birthday of Guru Tegh Bahadur *Sikh*
 18 - Birthday of Guru Angad Dev *Sikh*
 21 - First day of Ridvan * *Baha'i*
 22 - Holy Friday *Orthodox Christian*
 23 - Saint George's day *Christian*
 24 - Pascha (Easter) *Orthodox Christian*
 25 - Feast of Saint Mark the evangelist *Catholic Christian*
 28 - Laylat al-Qadr ** *Islam*
 28 - Yom HaShoah * *Judaism*
 29 - Ninth day of Ridvan * *Baha'i*
 30 - Saint James the great's day
Orthodox Christian

■ Awareness and events

1 - Fool's day
 2 - World autism awareness day
 6 - International asexuality day
 7 - World health day
 8 - International Romani day
 18-24 - Multiple sclerosis awareness week
 22 - Earth day
 25 - World malaria day
 26 - Lesbian visibility day
 28 - World day for health and safety at work



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Stress Awareness Month

Date: All Month

During Stress Awareness Month, people across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

World Autism Awareness Week

Date: 28th March–3rd April

World Autism Week is filled with autism friendly events and educational activities to increase understanding and acceptance, and to foster worldwide support.

www.autism.org.uk



Ramadan begins | 3 April



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April



Bowel Cancer
Awareness



Testicular
Cancer
Awareness



CANCER
RESEARCH
UK



Listen - Podcast

Autistic Girls World

Autism and the subject of diagnosis is so heavily gendered, when medically it is incredibly flawed. People who present as women are likely to be diagnosed far later in life, compared to people who present as men – and that is because of biased diagnostic criteria, stereotypes, and more. Arguably gender should have no part whatsoever in the world of Autism. This podcast is a delight for turning stereotypes, sexism and gender roles around because it is direct from somebody female. An Autistic teen looks at life on the spectrum in all its messy glory, as well as tackling the unanswered questions many of us are forced to deal with. Be it dismantling SIA's Music or looking at misdiagnosis, this is one to listen to.



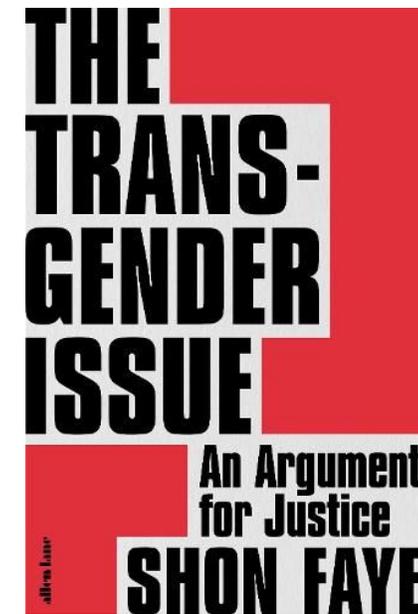
Watch

The *Instagram Effect on BBC iPlayer* deals with mental health issues including self-harm and eating disorders. The power of the platform is explored through revealing testimonies from three British users: Lauren, Chenade and Abby. With unflinching honesty, they describe how their lives have been impacted by the app. Lauren was on Instagram for 13 hours per day and found herself increasingly struggling with an eating disorder. Chenade decided to get a Brazilian butt lift, one of the most dangerous cosmetic surgeries in the world, and promote it to her Instagram followers, only to regret her decision soon after. Meanwhile, home-schooled Abby turned to Instagram for solace and found herself sucked into anti-recovery communities who promote self-harm.



Read

The *Transgender Issue* is a landmark work that signals the beginning of a new, healthier conversation about trans life. It is a manifesto for change, and a call for justice and solidarity between all marginalized people and minorities.



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INCLUSIVITY SCHOOL EVENTS IN MARCH AND APRIL 2022

- Friday 11 March, 12noon - Inclusivity Student Voice Lunch - Year 8 students
- Monday 14 March - 1pm - Dr Emily Grossman; Science Communicator, neurodiverse, dyspraxic and ADHD
- Wednesday 16 March, 12noon - Inclusivity **Staff Working Group** meeting
- Wednesday 16 March, 12.30pm - Dr Malcolm Cocks - The Undivided Society: fairness and equality - Year 12 and 13 students (Zoom)
- Friday 18 March, 1pm - Dr Sharon Brookes for Science Week, Lead Scientist for Animal and Zoonotic Viral Diseases, APHA- Theatre
- Thursday 24 March, 6pm - **Parent Talks: Dealing with self-harm** - Theatre
- Monday 28 March, 8.35am - Fem Sock assembly on Decolonisation
- Friday 1 April, 9am - Autism Awareness charity - **Parent coffee morning** - Theatre

- Alternate Mondays, 12.15pm - 12.55pm - Learning Leaders (student research & discussion), F2
- Thursdays, 10.10am - FemSock meeting, Ideas Room
- Fridays, 11.45am-12.20pm - Languages Culture Club, F corridor



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