

# MLK *Celebration* 2019

**C** Community Service    **E** Equity & Inclusion    **S** Social Justice

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JANUARY 24 • THURSDAY

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**E** **Voices of West High Panel**

Each student needs to sign up for this session once over the course of the day.

Periods: 1, 2, 3, 4, 5, 6

Come listen to your classmates talk about their experiences here at West High. This diverse group of students will field questions from a moderator and engage in discussion with each other about shared experiences and differences. Come hear their stories.

**E** **Black History JEOPARDY!**

Join us for a fun way to get involved and engaged in MLK Day activity while also learning a little something about black history. The winner at the end of the game will get a prestigious Woke Award and overall bragging rights for knowing a ton of awesome facts about Black History.

Periods: 1, 2

**E** **Merge: The Global Community of Iowa City**

Siya Mali is from South Africa, but he calls Iowa City "home." He hosts a weekly Q and A with community members (like the chief of police, Mr. Murley, etc.) and discusses how immigrants have been shaped by the community and how the Iowa City community has shaped those immigrants' experience. His session will focus on that topic.

Periods: 1, 2

**E** **Service Dogs, Therapy Dogs, and Emotional Support Animals 101**

Learn about how the Americans with Disabilities Act guarantees equal rights to disabled individuals with service animals. The session will discuss why individuals have service dogs, the categories they fall under, and which animals do not have rights under the ADA. Meet special guest Victor.

Period 1

**S** **Being Latinx in the US**

Students will share their cultural experiences, including discussions of the challenges that they face being Latinx in the US.

Periods: 1, 3, 4, 6

**S** **Ethical Law Enforcement in Johnson County**

Representatives from the Johnson County Sheriff's Office will discuss the extensive training and monitoring undertaken to strive for ethical, professional, and just law enforcement in our community. Q & A will follow.

Period 1

**C** **Bass Choir, Treble Choir and Virtuosa Singing at Melrose Meadows**

This is a 2 period session

Students from Bass Choir, Treble Choir and Virtuosa will have the option to brighten the lives of residents at Melrose Meadows through singing. Please sign up if you are interested in going with us to perform!

Periods: 1-2

**C** **Habitat for Humanity**

This is a 2 period session

Iowa Valley Habitat for Humanity works to provide affordable housing solutions here in Iowa City. In this session, students will learn how volunteers help build affordable homes for Iowa City residents. (If you attend this session you are eligible to continue the experience by taking a tour of the Habitat Restore, in east Iowa City during the afternoon sessions).

Periods: 1-2

**C** **Varsity Athletes - Coralville Central Elementary**

This is a 2 period session - CLOSED - only varsity baseball, wrestling, basketball who have talked to coaches

Students will interact and spend time with elementary students at Coralville Central. Coralville Central will be hosting a mini dance marathon on this day. We will assist them in any way possible while also participating in the dance marathon.

Periods: 1-2

**E** **Step!**

This is a 2 period session

Join us for a viewing and discussion of the amazing film, Step. Step documents the senior year of a girls' high-school step dance team against the background of inner-city Baltimore. As each one tries to become the first in their families to attend college, the girls strive to make their dancing a success against the backdrop of social unrest in the troubled city.

Periods: 1-2

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**S Facing Discrimination in America**

This is a 2 Period session

Please join Louie and Emilio DeGrazia talk about their experiences with discrimination growing up as Italian-Americans in the 1940s.

Periods: 1-2

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**S Implicit Bias - Police**

This is a 2 Period Session. This interactive presentation will define Implicit or Unconscious Bias and discuss its impacts on law enforcement, community members, and the relationships between the two. Tips and strategies for reducing bias and its negative impact will be discussed as well as efforts of local law enforcement to reduce bias in policing.

Periods: 1-2

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**S Real Trojans Stand Up**

This is a 2 period session

What does it mean to be a "real man" in today's world? The media supports a message of being tough, fit, and sexually adventurous, but is that really what it takes to be a good man? This session is for young men and people who identify as male to have a space to discuss these topics. The interactive session will include looking at the way manhood is displayed in the media and will try to dismantle some of the negative expectations placed on men. Then, the session will discuss ways to stand up when people around you engage in toxic and damaging forms of masculinity, with a special focus on ways to conduct safe, supportive, and meaningful bystander intervention.

Periods: 1-2

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**C Community Service at Johnson County Food Crisis Center and Crowded Closet**

This is a 3 period session

Let's go DO something!! We have many worthy community service agencies that can benefit from our time and energy. We will take a busload of student volunteers to the Johnson County Crisis Center Food Bank, and the Crowded Closet Thrift Store for a morning filled with hands on community service work to help these non-profit agencies that help others. We will leave West High at 9:00am and return around 11:30 for 4th hour classes.

Periods: 1-3

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**S Race and Restorative Justice**

This is a 3 period session

Learners will watch a film on the history of oppression, race relations, and the necessity of restorative circles. Learners will engage in a discussion circle regarding their impressions of the film.

Periods: 1-3

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**C BPA Club - Teen Suicide Awareness & Prevention**

Suicide is a tragedy from every angle. Classmates, teachers, and friends or family might be left wondering if they could have done something to prevent that young person from turning to suicide. Join us as we discuss teen suicide prevention with The Crisis Center of Johnson County.

Period 2

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**C Your Gift of Life: Blood Donation**

Does race and ethnicity play a role in blood donation? What impact can you have if you become a blood donor? Presentation by UIHC DeGowin Blood Donor Center and possible blood typing. Students interested in having their blood typed will need to bring a completed parent/guardian permission form

Periods: 1, 2

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**E Exploring Microaggressions**

In this session we will learn to identify microaggressions and the implications of our words. We will reflect on ways in which we could modify questions or comments in ways that are less likely to reflect stereotypic assumptions and beliefs.

Periods: 1, 2

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**E Getting to know the Congo**

Student leaders, Mercy Sikitu and Prisca Namutchibwe will be teaching us about Congo and a little bit about Africa in general. They will be teaching us about the country with a slide show. They will tell what kids do for fun, and teach us about African music.

Period 2

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**E Hip Hop - A History and Movement Class**

Lovar Davis Kidd, a native of Cedar Rapids, IA, is an award-winning choreographer, performance artist, and instructor. Kidd founded MOvMNT Dance Company (MDC), a contemporary & hip-hop dance company, in Cedar Rapids, IA. MDC has had the privilege of providing hundreds of students with affordable dance classes and performance opportunities over the past 5 years.

Period 2

L.D. is no stranger to the stage having performed nationally, and internationally, most recently in the 2011-2012 National tour of the tony award-winning musical In The Heights. Before touring with In The Heights, he was a core member of EDGEWORKS Dance Theater, an all male modern, predominantly African-American dance company based out of Washington DC under the artistic direction of Helanius J. Wilkins.

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**S Gender Identity and Expression vs. Sexuality**

Period 2

Examining the stereotypes associated with gender and gender expression and how those relate to our sexuality

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**S Militarism, Social Justice, Global Health**

Periods: 2, 3

Students will Explore the many ways that Militarism intersects with social justice and global health

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**E Work with a team to create a Bulletin Board**

Periods: 2-3, 4-5

This is a 2 period session  
Students work together to use their creative or artistic sides to create a bulletin board for the second floor hallway. We will meet in room 205 and brainstorm ideas, keeping with the MLK day theme. Come prepared with a couple of ideas to share. We may need to include a little research so bring your chrome books! This session will require two blocks of time.

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**S Immigration Simulation**

Periods: 2-3, 5-6

This is a 2 period session.  
This session is intended for non-immigrants to gain a perspective and understanding of the process of immigration across the U.S./Mexico border. In the simulation students will pretend to be a Migrant Farmer from Mexico trying to get to the U.S. Students will try to make it to the US in a limited time frame during the simulation. At the end of the time frame for the simulation students will have time in small groups / as a class to discuss the difficulties and hardships immigrant farmers face.

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**C Walk, Talk, & Do**

Periods: 2-4

This is a 3 period session  
Students will help senior citizens in assisted and independent living at Melrose Meadows decorate planters and plant in them. Especially in the colder months, the elderly population experiences isolation, and our social interactions with them will not only bring benefits to them, but also to us. The website Changing Aging reminds us that, "no matter how old we are, we all need to know we have something to offer, that we are valued and appreciated, that our voices count." Dress warmly, as we will make the five-minute walk over.

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**C Goodwill - Social Services**

Period 3

Informational session about Goodwill, serving the community, and how to be inspired to get involved! - Guest Speaker: Jess Schamberger

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**C Portrait Service**

Periods: 1, 2, 3

Have you always wanted a professional photographer to take your photo, but you can't justify the cost? Or, are you a procrastinator who still needs to submit a senior photo for the yearbook deadline? The West Side Story staff photographers and Theatre West hair and makeup crews are teaming up to provide a portrait service to you. In this session, a WSS photographer will take your portrait and the Theatre West crew will provide hair and makeup services (if you want). You will receive a digital package of your photos and seniors will receive wallet photos. Sign up by yourself or with a friend!

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**E Autism Acceptance**

Periods: 1, 2, 3

Please join special education teacher Stephanie Higgins, GWAEA autism consultant Lindsay Swartzendruber and a couple current West High student with a diagnosis of ASD (autism spectrum disorder) for a session exploring ways to increase autism acceptance in our school and community. The goal of this session is to help participants to understand autism in a meaningful way and help understand the neurological differences for individuals on the autism spectrum. Participants will also gain an understanding of how to purposefully demonstrate autism acceptance and increase autism advocacy in our school and in our world. In this session we will hear from a couple current students at West High who are on the autism spectrum and learn about their experiences and how they are advocating for themselves on a daily basis.

**E The Not So Amazing Race**

Periods: 1, 2, 3

Come learn about how schools are changing but opportunities and learning are falling behind. Do you feel safe to be you in your classes? Do you feel like teachers care about you and your future no matter where you are from or what you look like? Hear about the inconsistencies when discussing race, behavior, and learning.

**E The Shop**

Periods: 3, 4

LeBron James' HBO series, The Shop, pays tribute to a long standing safe haven in the black community - the barbershop. Honoring the tradition of debating controversial topics, join West High student Eric Fredieu as he guides our discussion using The Shop and its distinguished guests (such as LeBron James, Snoop Dogg, Odell Beckham Jr., Draymond Green, Mo Bamba, and Candace Parker) as motivation to speak freely and honestly. Topics will include - black athletes and their role as social activists, "ownership" of sports teams, black athletes as entertainers, women in sports, and anything else that comes up.

**S Athlete vs. Activist**

Periods: 1, 2, 3

In this session I will discuss the topic of social justice and what that looks like for collegiate and professional athletes. I will give a chronological look at how athletes and activism has paralleled in our history and how aspiring collegiate and professional athletes can use their platform to discuss and advocate for social justice issues in a appropriate way.

**S Beyond a Reasonable Doubt: MLK's Criminal Trial and the Civil Liberty Implications**

Periods: 2, 3

A discussion of criminal law and civil rights by looking at MLK's arrest and conviction.

**S Privilege Walk**

Periods: 2, 3

In this session you will partake in an interactive privilege walk. Privilege is something that is getting talked about more and more, but still needs to be discussed. Recognizing one's privilege will help them understand that there are natural social inequalities that divide people and make some people less successful in life.

**E A Conversation About Race with Marchaun.**

Periods: 1-2, 3-4

This is a 2 period session  
I want students from all races talking about race and why it's uncomfortable for people to talk about race. We are going to have a deep, honest discussion about race led by student Marchaun Hoover.

**S LIVE Music is Lit**

Periods: 3-4, 5-6

Join The Medds and Mr. Welch to listen to a LIVE musical guest, TBD. Last year was lit so we're sure this year will be too!

**C BPA Club - Community Service Project**

Periods: 3-6

This is a 3 period session \*Closed Session for BPA students only\*  
Community Service: The BPA Club will be boxing supplies for the Shelter House's new homeless shelter, making blankets for DVIP, and addressing needs of the IC Animal Shelter. Goods will be delivered at the end of the day.

**C Carlos Honore speaks about his experiences**

Periods: 4, 5, 6

Former West High student and football star Carlos Honore comes back to speak about his struggles growing up in Iowa City and how he is giving back to his community through his Fifth Ward Saints youth football project. The program started in Houston, TX and is coming to Iowa City next.

**E Comedy and Racial Stereotypes**

Periods: 1, 4

Have you ever really laughed at a stand-up comedian, late night skit, or funny cartoon only to wonder later "Did that joke go too far?" In this session, we will watch short video clips and discuss the balance between comedy and social issues

**E Conversations on Race**

Periods: 4, 5

In this session we will watch and discuss some short video clips featuring everyday people as they discuss issues of race and identity. Included will be perspectives of Blacks, Whites, Asian-Americans, Latinxs, and the police.

**E Frustration, Anxiety and Tension- Learning through eyes of person with a reading disability**

Periods: 1, 4

Had dymar InLuth erKi NpJr.qay! No, that isn't a typo. What you just read is a small taste of what is it like to have a reading disability. In this session students will get to learn about what it is like to have a reading disability through watching clips of the video F.A.T. City and participating in activities designed to mimic various reading difficulties.

Period 4	<p><b>E Gender: Stereotypes, Expression, and Identity</b></p> <p>In this session we will discuss and learn about the evolving concept of gender, including some of the major downfalls of stereotyping and how we can form more accepting communities. Any level of experience on the topic is welcome.</p>
Period 4	<p><b>E Learning Songs from the Justice Choir Songbook</b></p> <p>The Justice Choir Songbook is a group of simple songs collected for the purpose of teaching people to sing messages of social justice and inclusion specifically at political rallies. This session will teach its students to sing a few of these songs. Students will then have the option to perform these songs alongside choir students at the Stead Family Children's Hospital.</p>
Period 4	<p><b>S Civil Rights: Stories</b></p> <p>Student Emma Grace Shoppa works at Oaknoll and has been inspired by the stories of its residents who lived during the Civil Rights Movement. She would like to bring in some of those residents to tell their stories and also answer questions from students.</p>
Period 4	<p><b>S Freedom of Speech?</b></p> <p>Our session called "Finding Common Ground" and it is open to everyone who wants to come in. It will be a meeting and conversation about different current topics, ranging from racial struggles to schools. Nobody will need to come prepared, they just need a polite and open mindset. The main goal is to find common ground within the diversity of west high in a polite and positive way. Students will be presented with statements and will be able to respond with their beliefs and talk about them with other students who may have completely different beliefs</p>
Periods: 4, 6	<p><b>S Social Commentary in the Cinema: Spike Lee</b></p> <p>Spike Lee has been challenging audiences to examine race, power, sex, class, and a host of other issues in America. His films span over thirty years (including Do the Right Thing, Chiraq and Blackkklansman) and have garnered equal amounts of praise and criticism. We'll discuss the value and power of movies as a way to awaken social consciousness with a specific focus on Spike Lee.</p>
Periods: 2, 3, 4	<p><b>S University of Iowa Department of Social Justice/Social Work- Student Speakers</b></p> <p>Helping students learn how to translate what we learn and discuss in the classroom into social justice actions and opportunities.</p>
Periods: 4-5	<p><b>E Police as Allies of the LGBTQ Community</b></p> <p>This is a 2 Period Session. This presentation will review some helpful laws and resources to increase support and the safety of members within the LGBTQ community. This will include a "know your rights" portion as well as contact information for LGBTQ liaison officers within local police departments.</p>
Periods: 1-2, 4-5	<p><b>E West High Quilting Circle</b></p> <p>This is a 2 period session</p> <p>Learn the history of quilting as a community-building activity then participate in the creation of West High's first community quilt.</p>
Periods: 4-5	<p><b>C Mini Dance Marathon at Hills Elementary</b></p> <p>This is a 2 period session - CLOSED - only varsity baseball, wrestling, basketball who have talked to coaches Students will interact and spend time with elementary students at Hills Elementary. Hills Elementary will be hosting a mini dance marathon on this day. We will assist them in any way possible while also participating in the dance marathon.</p>
Periods: 1-3, 4-6	<p><b>S Hidden Figures</b></p> <p>This is a 3 period session HIDDEN FIGURES is the incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn .</p>
Periods: 1-3, 4-6	<p><b>S Hotel Rwanda: Movie and Discussion</b></p> <p>This is a 3 period session Paul Rusesabagina, a Hutu, manages the Hôtel des Mille Collines and lives a happy life with his Tutsi wife and their three children. But when Hutu military forces initiate a campaign of ethnic cleansing against the Tutsi minority, Paul is compelled to allow refugees to take shelter in his hotel. As the U.N. pulls out, Paul must struggle alone to protect the Tutsi refugees in the face of the escalating violence later known as the Rwandan genocide.</p>

**C Current Event Discussion**

Period 5

Students on Open Discussion (SOD) is a student-led club at West High. We are focused on creating an open atmosphere for all people to express opinions on a variety of topics. Our goal in SOD is to have organized, civil discussions in a safe atmosphere. Our idea for a MLK Day session is to lead and/or facilitate constructive and educating discussions on current events. The leaders of SOD will have presentations and questions prepared for students attending the session in order to start discussions.

**E Becoming Michelle**

Periods: 4, 5

In her recent autobiography, former first lady Michelle Obama tells of her life growing up in Chicago in the 70s and 80s and how it prepared her to attend Princeton and Harvard Law School. In this session, we will read and listen to passages from the opening chapters of her book in which she develops a powerful metaphor--that of her aunt's piano--and how that metaphor works as we look at society today and the obstacles faced by students from communities of color.

**E Gender, Sex, Attraction, Expression - What Does It All Mean?**

Periods: 3, 4, 5

In this session we will break down what gender, sex, sexuality, and expression all mean through a series of videos and discussions. The purpose of this session should be to develop a better understanding of what these terms mean and how these characteristics play a crucial role in people's identities.

**E Meet the Buddies**

Periods: 2, 3, 4, 5

Lead by student leaders from Best Buddies, the first portion will be about the Disabilities Rights' Movement and Special Education in Iowa City. The second portion will be a panel of buddies. West High students will be give the opportunity to ask questions, listen, and hopefully develop a greater understanding and respect for the Special Education process and those who are in it.

**E Self-care for women of color**

Period 5

In this session we will discuss stress management and self-empowerment strategies for women of color. This session is open to everyone but will focus on the experience of high school through a marginalized lens. The session will feature a West High graduate as a guest speaker.

**E Teacher and Students Talking**

Periods: 1, 2, 4, 5

One of the consistent themes across equity and inclusion issues seems to be communication, or a lack thereof. In "Teachers and Students Talking" student representatives will share some experiences of effective and ineffective communication they have experienced in the classroom. This session will include an initial presentation, an open forum for discussion and a concluding activity all focused on becoming better at interpersonal communication.

**E The Dream that Calls You**

Periods: 1, 5

This session, presented to you by southside Chicago native, Ms. Angela Mosley who has been establishing herself as a true, genuine and beautifully talented professional, is about finding and following your calling-your dream. How some paths in life might be "purposed" or planned for you by others or by external factors including expectations based on stereotypes; but you can nonetheless, challenge and defy those stereotypes as well as find your dream/calling/path towards a successful life and enjoy the journey in spite of challenges and sacrifices you may have to make.

**E These Books are Lit**

Periods: 3, 5

Join the Read Woke movement and learn about new books with people of color as the main characters. Books like The Hate U Give and Dear Martin were just the beginning. The West library collection includes dozens of new books that feature issues relating to social justice and marginalized populations. Join the West High teacher-librarians for booktalks and discussion about some of these timely new books.

**E West High to College: Staying One Step Ahead**

Periods: 2, 3, 4, 5

The guidance staff will present information about all of the educational opportunities that West High has to offer students as they prepare for college. Topics will include AP and Honors classes, dual enrollment opportunities, college entrance exams, financial assistance opportunities, and more.

**S Mr. Ochs's Immigrant Experience**

Periods: 1, 2, 4, 5

Come on a journey with Mr. Ochs as he tells us some tales about his life. Born in Walvis Bay, Namibia, Mr. Ochs has lived as an immigrant in the United States for most of his life. He has faced many trials and tribulations in his adolescence, yet he continues pushing forward even when his back is against the wall. This session will provide the experience that students will be able to relate to, but also learn a great deal from.

Periods: 2, 3, 4, 5

**S Spoken Word: Using Poetry to Speak Truth to Power & Justice**

Spoken Word artists and writers from the Iowa Youth Writers Project (IYWP) will help facilitate a Spoken Word poetry workshop that will focus on themes of identity and social justice. Students will be exposed to some Spoken Word performances and will respond to writing prompts as a means of exploring their own ideas in search for their own distinct voices. Time and instruction will be provided to help craft some of this raw material into short pieces that students will share (on a voluntary basis) in a safe, nurturing, creative environment.

Periods: 5, 6

**S Understanding & Avoiding Wrongful Convictions**

Since the early 1990s, over 350 innocent individuals convicted of crimes they did not commit have been exonerated through the use of DNA evidence. This presentation will introduce the phenomenon of wrongful convictions, examine the common causes and consider how future errors can be avoided.

Periods: 5-6

**C Habitat for Humanity - Afternoon Service Trip**

If you attended the morning session about Habitat for Humanity, you may sign up for this session and join us on a tour of the Habitat Restore, in east Iowa City.

Periods: 2-3, 5-6

**C Learn How to "Stop the Bleed"**

This is a 2 period session

Become an Empowered Member of Our Community: Learn How to "Stop the Bleed"

Launched in October of 2015 by the White House, "Stop the Bleed" is a national awareness campaign and a call to action. "Stop the Bleed" is intended to cultivate grassroots efforts that encourage bystanders in our community to become trained, equipped, and empowered to help in a bleeding emergency...becoming the beginning of the trauma care chain of survival.

Trauma is the leading cause of death in the United States for ages 1-44. Bystander intervention is crucial in these emergencies as someone can bleed to death in under 5 minutes, which is not enough time for an ambulance to arrive.

During this Stop the Bleed training, YOU will learn how to:

- Determine if an area is safe for you to proceed toward a victim to provide assistance
- Identify any nearby tools to assist you such as a publicly placed bleeding control kit or everyday items that can be used to control bleeding.
- Use your hands to apply direct pressure at the site of the wound to stop bleeding
- Pack a deep wound with cloth or gauze to control bleeding
- Correctly apply a tourniquet to an injured limb to stop bleeding
- Keep the victim calm until help arrives

At the successful completion of the Bleeding Control Basics training session, you will be certified by the American College of Surgeons.

Information about the purchase of a Stop the Bleed kit and components will be made available at the session.

Periods: 5-6

**C Singing at the Children's Hospital**

This is a 2 period session

Students from Concert Choir, West Singers and any students that attended the "Justice Choir" session may come and perform for the Children at the University of Iowa Stead Family Children's Hospital. Space on the bus will be limited, so we appreciate students who can transport themselves.

Periods: 5-6

**C Tie-Blankets**

This is a 2 Period session

This community service session will involve students constructing tie-blankets to donate. Students will use the given template (pattern) to cut and tie the blankets.

Periods: 2-3, 5-6

**E Allyship: How to Be a Better Ally**

This is a 2 period session

Allyship is an active, consistent, and arduous practice of unlearning and re-evaluating, in which a person in a position of privilege and power seeks to operate in solidarity with a marginalized group. This session will explore three major objectives: 1) What is an ally (and what is it NOT)?, 2) Why are allies important), and 3) How can you be a better ally? The primary focus of this session will be on allyship with the LGBTQ community, but the information presented and discussed will be useful in promoting better allyship with all marginalized groups.

Periods: 1-2, 5-6

**E Beyond One Day**

This is a 2 period session

Students will research and compile information to create a catalog of info-graphics and media that can be used to inform the public about issues relating to equity, service, social justice, etc. This catalog could be used by various campus groups and official channels to raise awareness about individuals and issues throughout the year.

Periods: 2-3, 5-6

**E Circles: Improving Communication at West**

This is a 2 period session

Part 1: Whether you have participated in a Circle here at school already or it will be your first time this session is for you! In this session you learn about elements of Circle that make Circle while at the same time participating in the restorative process of Circle.

Part 2: When We're Different or at Odds with Society Circle - Through the restorative practice of Circle, this session will talk about how it feels when your identity (race, gender, religion etc) is at odds with societal expectations and to increase the ability to have thoughtful conversations about potentially difficult subjects. Experience in the Circle process is not needed to be a part of this session.

Periods: 3-4, 5-6

**E Invisible Layers: Discovering My Value & Leadership through Exploring Social Identity**

This is a 2 period session

Together, we will discover the multiple layers of identities attributed to people throughout history by systemic structures of dominance. We will learn about the oppression and inherited advantages associated with those identities, and the affects of which internalized oppression has had on ourselves, others, and society as a whole. Finally, we will begin to open doors for a new way to lead and be empowered in unity.

Periods 3-4, 5-6

**E Mindfulness and Implicit Bias**

This is a 2 period session

Part I: We will focus on introducing Mindfulness via PowerPoint and practice, and explain how to use Mindfulness to challenge and help transform our implicit biases.

Part II: "Room to Breathe" – Transforming a Public Middle School Community (56 min. documentary): Faced with overwhelming behavioral and learning challenges, a public middle school in San Francisco decided to try something completely different: mindfulness meditation.

Periods: 5-6

**E Percy Julian- The Forgotten Genius**

This is a 2 period session

We will be viewing a NOVA video "Percy Julian - The Forgotten Genius" to learn more about this amazing African-American chemist who overcame incredible odds to achieve many scientific discoveries.

Periods: 1-2, 5-6

**S "Selma"**

This is a 2 Period session

The Civil Rights Act of 1964 legally desegregated the South, but discrimination remained rampant in some areas, making it difficult for blacks to register to vote. Selma, Alabama, became the battleground in this fight for suffrage in 1965. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his supporters marched from Selma to Montgomery. Their efforts culminated in President Lyndon Johnson's signing of the Voting Rights Act of 1965.

Periods: 1-2, 3-4, 5-6

**S Power to the People: The Black Panther Party**

This is a 2 period session

This session will explore the history and ideology of the Black Panther Party. We will write, speak in partners and large group, and watch parts of a historical documentary.

Periods: 3-4, 5-6

**S The Children's Crusade and the Role of Youth in the African American Freedom Struggle**

This is a 2 period session

Students will explore the role young people played in the African American Freedom Struggle, specifically the Children's Crusade in Birmingham, Alabama.

Periods: 5-6

**S The Watsons go to Birmingham**

This is a 2 Period Session. Join us for a screening and discussion of "The Watsons Go to Birmingham". The Watsons set out on a family road trip from Flint, Michigan to Birmingham, Alabama, where their experiences give them a newfound courage to stand up for what is right and helps them grow stronger as a family in the process.

**S We The Children**

This is a 2 period session

Periods: 3-4, 5-6

Students will learn about rights through the Convention on the Rights of the Child (CRC) and then create posters illustrating their interpretations. The posters will become part of a traveling display celebrating the 30th anniversary of the CRC.

**C Trauma and Resiliency**

We will learn about what causes trauma, historical causes, marginalized groups (African American, Latinx, and LGBTQ+), effects of trauma, and create positive post it affirmations to encourage resilient thinking.

Periods: 2, 3, 5, 6

**E Making Mochi and Redefining the Modern Model Minority**

In this session, students will have the chance to learn about one aspect of Asian culture, food, by learning to make Mochi. This hands on experience will be paired with a discussion of modern stereotypes and the negative effects they can have on people of Asian descent. When thinking of the modern perception of people of color, many people exclude Asians out of the narrative of equality because they appear to be stereotyped 'positively' or have seemingly been less oppressed. In this session we will discuss how these stereotypes are still harmful and continue to affect Asian communities. Despite facing many of the same problems other minorities face, such as underrepresentation in the media and politics, there hasn't been any of the same kinds of movements for Asians in the U.S. as there have been for others. Come for the food, stay for the discussion!

Periods: 5, 6

**E Mr. Gross, Where'd All This Racism Come From?**

Join Mr. Gross, former West High AP U.S. History teacher, in discussing the history of racism in the United States from the arrival of the first slaves to Black Lives Matter today and everything in between. It's gonna be lit.

Periods: 5, 6

**E That Song Just Said the "N Word"...Can I Still Sing Along?**

Have you ever caught yourself singing along to a song that has controversial lyrics? If you listen to hip hop it's likely you have heard several examples, including use of "the N-word". Using a video clip from the Netflix tv series Dear White People, members of West High's own Truth Squad will help us explore a conflict based on the use of the N-word and how different groups of people can interpret this word very differently.

Periods: 5, 6

**E The Biology of Skin Color**

We will show a video from the Howard Hughes Medical Institute regarding the evolutionary history of human skin color. The video explains the trade off between UV protection and the need for some UV absorption for the production of vitamin D. There will be several discussion questions that will follow the video on the topics of genetics, skin color and society.

Periods 1, 2, 3, 4, 5, 6

**E The T Word**

Join us for a viewing and discussion of the beautiful documentary, The T Word. Actress and trans advocate Laverne Cox presents an eye-opening documentary about seven brave transgender youth who are showing the world what it means to defy expectations and live their lives - and truth - as authentically as possible.

Periods: 4, 6

**E Are You Brave Enough to Talk About Race?**

Students will respond to questions by moving to the corner of the room that best represents their view: Strongly Agree . . . . . Strongly Disagree. From there groups can talk to each other about why they are where they are and report out to the entire group. The goal is to find out how people feel when talking about race, what makes it hard, what makes it uncomfortable, and what do we think about the most when it comes to race/racism.

Periods: 1, 2

**S Child Labor - What Can I do?**

This session is to improve awareness of child labor and slavery worldwide and in our communities. We will view parts of "The Price of Free", a film by Nobel Peace Prize winner Kailash Satyarthi, who has freed over 80,000 children with his work and have a group discussion about what we can do.

Period 6

**S Civil Rights and Art**

In this session Kimberly Datchuk, guest from the University of Iowa Museum of Art, will present modern and contemporary examples of art that explore race, gender, and the ongoing struggle for civil rights in America.

Period 6

**S Finding Common Ground**

How do we have meaningful and polite conversations with people who are different from you? Come as you are and join converse about current topics in society.

Period 6

Periods: 4, 5, 6

**S Let's End Sexual Violence Together**

RVAP (Rape Victim Advocacy Program) offers a variety of youth educational & prevention programs that provide the knowledge, empowerment, & tools necessary to end sexual violence. Some topics discussed in this youth education session include: healthy relationships, dating violence, gender stereotypes, sexual violence awareness, sexual consent, bystander intervention and community resources.

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Periods: 1, 2, 3, 4, 5, 6

**S Settlers of the Suburbs**

Play Monopoly and learn about institutional racism/redlining.

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Periods: 4, 6

**S Taking a Closer Look at Privilege**

During this interactive session, students will be asked to examine which elements of privilege apply to them in an effort to raise awareness. The session will conclude with a discussion on what could be done to counter the effects of privilege as a means to a more equitable society.

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