Each year, The Winchendon School highlights its commitment to diversity, equity and inclusion through DEI Week. This event was founded by students and continues to be student-led by Service-Learning Leaders.

Because of the COVID-19 global pandemic, DEI week will be virtual this year. This global crisis has shed light on many of our strengths and challenges as a diverse, inclusive and equitable global community. Each of us is experiencing this pandemic differently depending on so many different factors including nationality, income level, race, ethnicity, age, ability, gender, sexuality, and so much more. This week, we hope you will take time to think about your own experience and that of people very different from yourself.

Each day you will get a list of activities and resources to use including:

- **Photo/Video Challenges**
- **Virtual Discussions**
- **Film/Movie Recommendations**
- **Poetry & Creative Arts Competition**
- **Articles**
- **Individual and/or Family Activities**

Unlike previous years, we are not able to form Cross-Cultural Teams for a competition. However, we will give out a grand prize of $100 to the student or faculty who participates the most in the activities offered. The $100 will be donated in your name to the organization of your choice to help during the COVID-19 crisis.

So check out what we have planned. **Get involved! Get your family involved!** And share what you’re doing on social media using with #DEIwinchendon, #thewinchendonschool, or email your photos to servicelearning@winchendon.org.
## Daily Themes and Suggested Schedule

### Monday, April 20

**Celebrating Diversity: Identity and Belonging**

“The world is going through a period of crisis, but whether we look at it as a crisis or as an opportunity to reshape our thinking, depends on us. So use this period as a lesson on how to live life with a concern for all of humankind.” — Abhijit Naskar

<table>
<thead>
<tr>
<th>Suggested Reading</th>
<th>World Economic Forum: Pandemic of Solidarity? When Xenophobia Spreads Like A Virus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Real Talk Discussion</strong></td>
<td>What acts of solidarity and kindness are happening in your country, culture or community? Is this pandemic creating or reinforcing any stereotypes, xenophobia or discrimination? Visit <a href="https://twitter.com/CommonGroundsSL">@CommonGroundsSL</a> on Twitter and Weibo to add your opinion!</td>
</tr>
<tr>
<td><strong>Classroom/Family Activity</strong></td>
<td>❑ Identity Circles ❑ Look Deeper: Race Circles Module 1</td>
</tr>
<tr>
<td><strong>Photo/Video Challenge</strong></td>
<td>❑ I AM but I AM NOT Photo Project ❑ Fashion &amp; Talent Show Video/Photo Submission</td>
</tr>
<tr>
<td><strong>Film Series</strong></td>
<td>❑ Peanut Butter Falcon ❑ Blind Spots: Challenge Assumptions ❑ The Danger of a Single Story</td>
</tr>
</tbody>
</table>

**Poetry & Creative Arts Competition**

Send Submissions to servicelearning@winchendon.org

*Return to Top*
Tuesday, April 21:
Equity and Inclusion: Beyond Diversity & Equality

“Until we get equality in education, we won’t have an equal society.” — Sonya Sotomayor

<table>
<thead>
<tr>
<th>Reading Recommendation</th>
<th>Equity of a Disaster NY Times: Social Distancing is A Privilege</th>
</tr>
</thead>
<tbody>
<tr>
<td>Real Talk Discussion</td>
<td>A common phrase is “COVID-19 does not discriminate.” Do you think this statement is accurate? Visit @CommonGroundsSL on Twitter and Weibo to add your opinion!</td>
</tr>
<tr>
<td>Classroom/Family Activity</td>
<td>Look Deeper: Race Circles Module 2</td>
</tr>
<tr>
<td>Photo/Video Challenge</td>
<td>❑ I AM but I AM NOT Photo Project ❑ Fashion &amp; Talent Show Video/Photo Submission</td>
</tr>
<tr>
<td>Film Series</td>
<td>When They See Us</td>
</tr>
<tr>
<td>Virtual Discussion</td>
<td>When They See Us Discussion: ZOOM Discussion during Conference @ 3pm → Discussion Questions</td>
</tr>
<tr>
<td>Poetry &amp; Creative Arts Competition</td>
<td>Send Submissions to <a href="mailto:servicelearning@winchendon.org">servicelearning@winchendon.org</a></td>
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</tbody>
</table>
**Wednesday, April 22:**

**Environmental Justice**

“It’s safe to say that no one would have wanted for emissions to be lowered this way. Covid-19 has taken a grim global toll on lives, health services, jobs and mental health. But, if anything, it has also shown the difference that communities can make when they look out for each other – and that’s one lesson that could be invaluable in dealing with climate change.” Inger Anderson, United Nations

| Suggested Reading | UN News: Covid-19 is Not a Silver Lining for Climate Change  
Environmental Justice Explained |
|-------------------|------------------------------------------------------------------------|
| Real Talk Discussion | Is our natural environment benefiting during this pandemic?  
What are you able to do in nature that brings your joy?  
What can’t you do in nature that you miss?  
What creative ways have you found to stay in touch with nature? |

Visit @CommonGroundsSL on Twitter and Weibo to add your opinion!

| Classroom/Family Activity | ❐ Pollinator Free Meal Challenge  
❐ Look Deeper: Race Circles Module 3 |
|--------------------------|---------------------------------------------------------------------------------|
| Photo/Video Challenge | ❐ Connecting with Nature During COVID-19 Photo Challenge  
❐ Fashion & Talent Show Video/Photo Submission |
| Film Series | ❐ The True Cost  
❐ Bag It |

**Poetry & Creative Arts Competition**

Send Submissions to servicelearning@winchendon.org
Thursday, April 23: Socioeconomic Disparities

“Overall, the lesson of the pandemic so far is that while the virus itself can infect anyone, those hit hardest by the national and worldwide crisis around it are those who were already hurting”
- Anna North

<table>
<thead>
<tr>
<th>Reading Recommendation:</th>
<th>VIDEO: Coronavirus Hits India’s Poor Especially Hard</th>
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<tbody>
<tr>
<td></td>
<td>Coronavirus Exposes Inequalities</td>
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<tr>
<td>Real Talk Discussion</td>
<td>Does this pandemic highlight existing inequalities? What does this say about our values as a society? Will it change the way our society values lower-wage “essential workers?”</td>
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<tr>
<td></td>
<td>Visit @CommonGroundsSL on Twitter and Weibo to add your opinion!</td>
</tr>
<tr>
<td>Family Activity</td>
<td>Living on $2 a Day Challenge</td>
</tr>
<tr>
<td>Photo Challenge</td>
<td>Living on $2 a Day Challenge</td>
</tr>
<tr>
<td>Film Series</td>
<td>Living On One</td>
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<tr>
<td>Virtual Discussion</td>
<td>Looking Deeper: Race - ZOOM Discussion during Conference @ 2pm</td>
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<td></td>
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<tr>
<td>Poetry &amp; Creative Arts Competition</td>
<td>Send Submissions to <a href="mailto:servicelearning@winchendon.org">servicelearning@winchendon.org</a></td>
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</table>
Friday, April 24: 
Sexuality and Gender Identity

"Hopefully we can draw our attention to the fact that physicians need to create welcoming environments for people of all identities while providing care, especially in this type of pandemic when people are panicking and unsure..." - Physician Scott Nass

<table>
<thead>
<tr>
<th>Reading Suggestions:</th>
<th>Understanding Your Sexual And Gender Identity: A Guide</th>
<th>Supportiv</th>
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<tbody>
<tr>
<td></td>
<td>LGBTQIA+ Terminology</td>
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<td></td>
<td>LGBTQ community may be 'particularly vulnerable' to the coronavirus pandemic. Here's why.</td>
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<td></td>
<td>LGBTQ People and COVID-19</td>
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<tr>
<th>Real Talk Virtual Discussion:</th>
<th>Visit @CommonGroundsSL on Twitter and Weibo to add your opinion!</th>
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<tr>
<th>Classroom/Family Activity:</th>
<th>Gender Norms</th>
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<tr>
<td></td>
<td>Virtual DIW Activities/Discussion LGBTQ+</td>
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<tr>
<th>Photo/Video Challenge:</th>
<th>Day of Silence: Details and Registration Form</th>
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<table>
<thead>
<tr>
<th>Film Recommendation:</th>
<th>❑ Love, Simon</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>❑ Carol</td>
</tr>
<tr>
<td></td>
<td>❑ Paris is Burning</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Virtual Discussion/Meeting:</th>
<th>Breaking the Silence: Day of Silence participants will be sent a Zoom Link @ 1:30</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Poetry &amp; Creative Arts Competition:</th>
<th>Send Submissions to <a href="mailto:servicelearning@wichendong.org">servicelearning@wichendong.org</a></th>
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</thead>
</table>

Return to Top
Photo & Video Challenges

Fashion & Talent Show

Students, staff, and faculty from our school will be given the chance to show us more about their culture through music, fashion, dance, and any other talents or cultural activities you’d like to share. Please involve your families if you’d like!

**WHO:** Students, Staff and Faculty and your families.

**WHEN:** All videos should be sent to Nan’kware at nankwareeliamani21@winchendon.org by Wednesday at 5:30 pm or else they will not be able to be put in the final product.

**INSTRUCTIONS:** Students or Faculty will send a video, (no more than 30 seconds long) of them either doing a talent or showing off some fashion. The student will email Nan’kware the video clips with their name, what they’re doing and what culture they are representing. We will then put all the videos that are sent in together and send it to the whole school for them to see.

**SHOW OFF YOUR CULTURAL PRIDE & TALENTS!!!**
I AM but I AM NOT

The Purpose of This Activity: This activity engages participants in a process of identifying what they consider to be the most salient dimensions of their own identity. It is also a helpful introduction to stereotypes and ways in which people identify salient stereotypes in their lives. Common stereotypes can be very hurtful and difficult for individuals to celebrate their own identities. In this activity we will claim some of our own identities and dispel stereotypes we may believe exist about the group.

Materials: Paper, Marker or Pen

STEPS:
1. Fold your paper in half and re-open it to create 2 columns. On one side, the heading will be “I am.” On the other side, the heading will be “I am not.” Instruct participants to write the word “but” in the middle of the two columns.
2. On a piece of paper write at least five “I am, but, I am not” statements on their paper, such as, “I am Asian, but I am not good at math.” Participants should use this opportunity to introduce their identity and dispel any stereotypes about them.
3. Using the prompt in the photo below, choose one or two of your statements to write out in LARGE PRINT.

4. Take a photo of yourself holding your sign.
5. Email your photo servicelearning@winchendon.org
Suggested Debriefing Questions

1. What are 1-2 words that describe what this activity was like for you?
2. How did you choose which identities to share?
3. How did it feel to be able to stand up and challenge stereotypes?
4. Where did we learn these stereotypes?
5. How can we reduce stereotypes, What role do we play in doing so?

Things to Consider:

- Addressing stereotypes is always a trigger. The debrief is very important. People may articulate stereotypes in their “but I am not” that might trigger other participants. A helpful way to debrief is to ask the group (or individual) “Where did you learn that stereotype? What was your first message about that stereotype? How is it reinforced for you?” It might also be helpful to ask other participants if they had heard that stereotype before and what their first messages about it were, too.

- The key to this activity is the process of examining one's own identity and the stereotypes associated with that identity, then having one's own stereotypes challenged through others' stories and stereotype challenges.

- It is crucial, especially for the final part of the activity when participants are sharing their stereotypes, to allow for silences. People will be hesitant to share initially, but once the ball starts rolling, the activity carries a lot of energy. Allow time at the end for participants to talk more about whatever stereotype they shared.
Connecting with Nature During COVID-19

Wednesday, April 14th is Earth Day! As we find ourselves limited to our homes and social distance activities, the accessibility of nature for each of us becomes clear. While we all have an equal opportunity to be in nature, we don’t all have equitable access. Some families, for example may have a yard or a hiking trail nearby to play or walk in during COVID-19. Others may be confined to an apartment building, or a neighborhood that has no green spaces or is affected by pollution.

Show us what your access to nature is like for you.

PHOTO/VIDEO CHALLENGE:

1) Choose 1 or more of the following questions to answer:
   ❖ How are you able to help the environment during this pandemic?
   ❖ What are you able to do in nature that brings your joy?
   ❖ What can’t you do in nature that you miss?
   ❖ What creative ways have you found to stay in touch with nature?

2) Take a PHOTO or VIDEO that captures your answer. For example, if you can go out and pick up some litter- take a photo of you doing that! If you cannot get outside show us what view of nature you have, or a creative way you’ve managed to stay connected.

   Email submissions to servicelearning@winchendon.org

3) You can also post a written response on @CommonGroundsSL discussion feed.

Return to Top
Common Ground Virtual Real Talk

@CommonGroundsSL on TWITTER

Common Grounds aims to bring people from diverse perspectives and opinions together to discussion difficult and complex topics openly, and respectfully. Our goal is to increase understanding through learning different perspectives. Common Ground is one of many groups to have the honor to participate and create an idea to share with the Winchendon community.

Please join in our virtual Real Talk Series by engaging in the online discussion through the Twitter account @CommonGroundDEI or on Weibo.

We will post daily prompts of controversial topics relating to the Corona-Virus, Diversity, Equity, and Inclusion. You will be able to post your opinion on such topics. This will be monitored by Common Grounds SL leaders to make sure it is appropriate, respectful, and engaging.

Join Us on Twitter @CommonGroundsSL or on Weibo at: The_Winchendon_School to share your opinion!

Sample Discussion Questions:

- What acts of solidarity and kindness are happening in your country, culture or community?
- Is this pandemic creating or reinforcing any stereotypes, xenophobia or discrimination?
- A common phrase is “COVID-19 does not discriminate.” Do you think this statement is accurate?
- Does this pandemic highlight existing inequalities? What does this say about our values as a society?
- Will it change the way our society values lower-wage “essential workers?”

Weibo: The_Winchendon_School
Virtual Class and Discussion Series

LOOK DEEPER: RACE

It’s time to deepen the conversation about race and racism in the United States. Introducing Look Deeper: Race – a digital experience built around the groundbreaking documentary *I’m Not Racist… Am I?* that follows a group of young people and their families on a yearlong exploration trying to get at the heart of racism.

Sign up for this free program on this form. You will be part of a cohort of TWS students, faculty, staff, and community members. Individually you will participate in a digital experience and go at your own pace. We will come together as a group for two discussions; once during DEI week, and once the week after. Please join us!

**SIGN UP HERE**

**Information Here**

Suggested Schedule:
- Monday: Module 1
- Tuesday: Module 2
- Wednesday: Module 3
- Thursday: Virtual Zoom Discussion @ 3pm
- Friday, April 25- Wednesday, April 30: Modules 4-6
- Thursday, May 1: Virtual Zoom Discussion @ 3pm
Poetry & Creative Arts Competition

During DEI Week 2020 students and faculty can submit creative writing, poetry, artwork and spoken word videos in the Poetry and Creative Arts Competition. Submissions will be published in the Parlance Magazine.

PRIZE!! The winner gets to choose any organization (that is currently helping with the pandemic) and we will donate $50 to that organization on behalf of the winner.

WHO: Students and faculty (in collaboration with their families if they’d like)

WHAT: Any form of literary work or art work. Submissions are encouraged to be within the themes provided below but will not be rejected if it does not fall within those themes.

WHEN: April 20- April 25

HOW:
1) Work should be shared by students or faculty via email or google docs to ephraimboamah21@winchendon.org. Work can be anonymous.
2) Faculty judges will select winners.

SUGGESTED THEMES:
- Identity and Belonging
- Equity and Inclusion
- Racism
- Xenophobia
- Poverty
- Financial Impacts of COVID-19
- Nature and Environmental Justice
- Gender Identity
Individual or Family Activities

Identity Circles

This activity highlights the multiple dimensions of our identities. It addresses the importance of individuals self-defining their identities and challenging stereotypes.

STEP 1: On a piece of paper copy the drawing of the 5 circles.

STEP 2: Place your name in the center circle of the structure below.

STEP 3: Write an important aspect of your identity in each of the satellite circles - an identifier or descriptor that you feel is important in defining you. This can include anything. Asian American, female, sister, athlete, educator, son, Taoist, scientist, or any descriptor with which you identify.

STEP 4:

1) Share a story about a time you were especially proud to identify yourself with one of the descriptors you used above.
2) Share a story about a time it was especially painful to be identified with one of your identifiers or descriptions.
3) Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are.

STEP 5: Share a photo of your Identity Circles AND/OR make a video explaining your responses to the prompts in STEP 4. You can also type them up and email them in. Send all submissions to servicelearning@winchendon.org.
Living on $2.00 a Day (Live like ½ of the Worlds Population)

“We tend to forget how fortunate we all are. Events like this open our eyes and help us realize that we are a privileged minority in a world filled with poverty. The only way to appreciate what we have is to experience life without it.”

- Mr. Worrall.

Purpose of this activity:
Participating in this activity will give you the chance to put yourself in someone else’s shoes for the day. That person does not have the choice to live on $2 for one day like you, they are forced to live on $2 a day everyday. Although you will be giving up things like certain foods, long showers, and electronics, you will gain so much more. One half of the world’s population (3 billion people) live on less than $2.00 a day.

What you will do:
If you choose to participate you will reduce aspects of your day such as your consumption of food, water, time taken in the shower and tech use, all to simulate what it is like having to live on $2 a day.

In order to make sure you do not consume more than $2 worth of food for the entire day, please research the prices of food you want to eat before you prepare a meal

Overall guidelines:

<table>
<thead>
<tr>
<th>FOOD( $2 for 3 meals)</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER(10 gallons)</td>
<td>Shower- 5 minutes max</td>
<td>Laundry- NO</td>
<td>Drinking- only from a faucet. No water plastic water bottles</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CELLPHONES</th>
<th>No use for the day</th>
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<tbody>
<tr>
<td>COMPUTERS</td>
<td>ONLY for homework</td>
</tr>
</tbody>
</table>

Photos and food log: at the end of the day, please send in a picture of you and one of your meals to Cassie and Hailey and write down what food you ate and how much it cost in a google doc. Emails: haileyguzman20@winchendon.org, Cassandraburdick20@winchendon.org servicelearning@winchend.org
Pollinator Free Day

**Description:** For our pollinator free day we would like to challenge the members of our community to create their own lunch free of foods that rely on the work of pollinators. This activity will be used to educate our community members on the vital importance of pollinator species, and the role they play in the provision of our food. Review the list below of pollinator-free-foods to give ideas as to what to eat and leave it up to you to create your own meals to enjoy.

**Instructions:**
1. Click the [list of pollinator free foods](#)  
2. Find foods that you have in your house and get creative in creating a meal for yourself. Make a MENU!  
3. Take a picture of you with your pollinator free meal(s) and send it to [servicelearning@winchendon.org](mailto:servicelearning@winchendon.org) to get points!  
4. Remember to get creative and have fun in creating your meal.

**How to Post Photos:** simply send your photo to [servicelearning@winchendon.org](mailto:servicelearning@winchendon.org) or tag your own social media post with #DEIwinchendon.
Day of Silence

**Our SILENCE is LOUD**

On Friday, The Winchendon School will recognize the National Day of Silence. The GLSEN Day of Silence is a national student-led demonstration where LGBTQ students and allies all around the country—and the world—take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ people in schools.

**Instructions:** During this day from 8:00 am-2:30 pm, students who choose to participate are challenged to not speak at all, but will still be expected to complete all class activities and express concerns or questions through writing. Students who choose to be an “ally” are encouraged to wear a rainbow ribbon (or anything with LGBTQ+ indicative colors) throughout the day to show support, and are able to talk as usual. Faculty can participate as allies as well.

**Take a Vow of Silence or Be an Ally**

[Sign up for the Day of Silence here](https://docs.google.com/document/d/1ibHzVLeekPsGo5hfBxe9LdHSYiV2_3sM5EvyQawZR1A/edit?usp=sharing)

**How to Post Photos:**

[https://www.glsen.org/event/day-silence](https://www.glsen.org/event/day-silence)

*Return to Top*
Film Series:

**Peanut Butter Falcon** → Zak (Zack Gottsagen), a young man with Down syndrome, runs away from his nursing home in order to attend the wrestling school of his idol, The Salt Water Redneck (Thomas Haden Church). In his odyssey across the Southeast, he joins forces with an on-the-run fisherman Tyler (Shia LaBeouf). Together they navigate obstacles by boat while being pursued by nursing home employee Eleanor (Dakota Johnson).

→ Movie access: Amazon Prime, must be bought everywhere else

**I Am Not Racist, Am I** → is a feature documentary about how this next generation is going to confront racism. We asked 12 teenagers from New York City to come together for one school year to talk about race and privilege in a series of workshops and in conversations with friends and family members. We hope that by documenting their experience, the film will inspire others to recognize and interrupt racism in their own lives.

→ Movie access: Watch through the online program [Look Deeper: Race](#)

**When They See Us** → It is based on events of the 1989 Central Park jogger case and explores the lives and families of the five male suspects who were falsely accused then prosecuted on charges related to the rape and assault of a woman in Central Park, New York City.

→ Movie access: Netflix

**Living On One** → We battle intense hunger, parasites and the realization that there are no easy answers, but find hope in the inspiring lives of our neighbors Rosa, a 20-year-old woman, and Chino, a 12-year-old boy while in Guatemala.

→ Movie access: Free on Tubi TV and Vudu

**Bag It** → Jeb Berrier, a regular American man, makes a pledge to stop using plastic bags at the grocery store and has his life completely changed.

→ Movie access: Amazon Prime Subscription & Free on Vudu

**The True Cost** → This is a story about clothing. It's about the clothes we wear, the people who make them, and the impact the industry is having on our world. The price of clothing has been decreasing for decades, while the human and environmental costs have grown dramatically. The True Cost is a groundbreaking documentary film that pulls back the curtain on the untold story and asks us to consider, who really pays the price for our clothing?

→ Movie access: Free on Tubi TV

*Return to Top*
**Love, Simon** → Simon Spier keeps a huge secret from his family, his friends and all of his classmates: he's gay. When that secret is threatened, Simon must face everyone and come to terms with his identity.

→ Movie Access: Amazon Prime, must be bought everywhere else

**Carol** → An aspiring photographer develops an intimate relationship with an older woman in 1950s New York.

→ Movie access: Amazon Prime, must be bought everywhere else

**Paris is Burning** → Filmed in the mid-to-late 1980s, it chronicles the ball culture of New York City and the African-American, Latino, gay, and transgender communities involved in it. Critics consider the film to be an invaluable documentary of the end of the "Golden Age" of New York City drag balls, and a thoughtful exploration of race, class, gender, and sexuality in America.

→ Movie access: Netflix