



## **P.E.A.C.E. News for October 2021**

***Peace Educators Allied for Children Everywhere, Inc.  
(P.E.A.C.E., Inc.)***

***Please contribute to our future as we support the  
peaceful world we and children need to thrive.***

**Donate**

# Action Alerts

## Child Care Improvement Still at Risk: *Please Act NOW for Our Future!*

Congress is still haggling over the President's Budget, Infrastructure, and now Debt package, with everything in it being subject to vote-grabbing efforts. The House has passed a Budget and Reconciliation Bill that would give us most of what we want and need, but the Senate is still playing around with alternatives, partly because of a split among party lines, with some Democratic Senators wavering. We need your action now, because next week/month may be too late. [Moms Rising has a wonderful description of the kinds of actions you can take.](#)

## *Please Get Vaccinated ASAP!*

It's good for your health, it's good for the health of the children in your care, and it's good for their families too. The more eligible people we can get vaccinated, the easier it will be for life to return to normal for all of us.



*Picture courtesy of covidfactsnow.com*

# *Indigenous Peoples Day*

Monday, October 11, 2021



Indigenous Peoples Day is a day that commemorates Native American peoples' cultures and histories, and acknowledging the discrimination the Indigenous people in this country have undergone. This holiday is celebrated on the second Monday in October, across the United States. Many states and cities are moving towards recognition of this day and choosing to observe it instead of Columbus Day. This is a day to learn, to observe, to reflect, to create, to connect through story and creation. It's also a day to move beyond recognition and towards action and accountability.

The history of Indigenous people in the U.S. is tragic and poorly understood. There is the horrific legacy of entire cultures being violently and systematically eradicated. And then there are stories of survival, fortitude, and deep connection to the environment and other people. Of course, Indigenous history doesn't begin or end with either of these stories. Read more on this important event [here](#)

*Every Day Native* is a site that provides teachers, grades 4-12, with some wonderful free resources. Please find out more on how to register [here](#)

# Resources

## P.E.A.C.E. Projects 2021

*The P.E.A.C.E. Projects is an initiative to sponsor and mentor Early Childhood Educators, in promoting Peace Education for young children in the classroom.*

### P.E.A.C.E. Project granted to The East Bay Chapter of C.A.A.E.Y.C.'s Equity and Belonging Committee

The East Bay Chapter of CAAEYC's Equity and Belonging Committee received a P.E.A.C.E. Project award to continue our series of high-quality, Equity-related, and relationship-rooted professional support opportunities for early childhood educators, administrators and other dedicated caregivers of young children through an ongoing series of online workshops and reflection spaces. On March 27<sup>th</sup>, the chapter held two online workshops, each 2 hours long. The combined total of participants between the two workshops was 95. Participants at the workshop included early educators, administrators, and support staff. The following is a brief description of the workshops.

**SIMILARITIES AND DIFFERENCES**  
A virtual, Anti-Bias Education Training with Deminika Spears, Ed.D.

A training that guides early childhood educators in having productive conversations with children around race, ability, and gender.

Participants will learn and practice concrete strategies for implementing the anti-bias education goals in early learning environments to support and scaffold children's ongoing growth and development.

**Saturday, March 27, 2021**  
10:00am-12:00pm PST

Admission is FREE!  
Register at: <http://bit.ly/antibiaseca> or scan QR code  
Limited capacity. Please only register if you are able to attend.

Questions? Email us at: [EBCEquity@gmail.com](mailto:EBCEquity@gmail.com)

**EAST BAY CHAPTER caaeyc**  
California Association for the Education of Young Children

Deminika Spears, Ed.D.



*Presenter Dr. Deminika Spears (left) and participants of the workshop (right).*

The first workshop was put on by Dr. Deminika Spears. It was a training entitled *Exploring Similarities and Differences with Children in ECE Settings*. The training shared language and a reflective space to allow adults to have productive conversations with children regarding race, ability, and gender. The training gave participants concrete strategies to utilize the anti-bias goals in the classroom environment to support

children’s learning and increase student outcomes. This training focuses more heavily on race and tools for teachers to get those conversations started in the classroom.

The second workshop was *Empowering Educators with Mindful Practices for Their Classroom and Themselves*. This interactive workshop helped teachers to promote movements that are centered around instilling confidence, awareness, and emotional resilience. The presenter, Justine Luong, skillfully led teachers in how to integrate movement and yoga poses that encourage social and emotional skills and promote a calm class environment. She shared different activities that can be integrated in their

weekly lesson plan around movement, mindfulness practices, and breath work. Participants gained an understanding by sharing stories involving yoga practices. They walked away with all the effective tools and resources needed to get started. In addition to practices for the children, the participants were also led in activities to prevent and alleviate commonly affected chronic discomfort (low back, neck, and shoulder pain) from their everyday life.

**MINDFUL PRACTICES FOR EDUCATORS**  
An interactive webinar with Justine Luong

EAST BAY CHAPTER  
**caaeYC**  
California Association for the Education of Young Children

An online workshop for participants to learn how to integrate movement, yoga, and breath work with children in order to increase social-emotional skill development (like confidence and resiliency), as well as practice ways to improve teachers physical, mental, and emotional health

Admission is FREE!

Register at:  
<https://bit.ly/empowerminds>  
or scan QR code

**Saturday, March 27, 2021**  
**1:30pm-3:30pm PST**

This training is being offered through funds received as the recipient of the PEACE Project Grant from Peace Educators Allies for Children Everywhere.  
[www.peaceeducators.com](http://www.peaceeducators.com)

*Presenter Justine Luong*

# Dear Olive Branch

## A P.E.A.C.E. Perspective on Practical Problems



### Moving Forward ... on Quicksand!

Martin Luther King told us... “If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.” Martin Luther King Jr.

Only a very few weeks ago we were moving forward through the COVID pandemic to gather again in person, to pick up our favorite activities, to send the children back to their classrooms... and then! With incredible suddenness we watched and listened as the mounting cases of the Delta variant were brought to our attention. Moving forward... oh, no! Some of us have been immobilized by the losses of what we thought we had found again. Some of us merely sad, and many struggling to keep our spirits up because as King said, “...whatever you do you have to keep moving forward.” The stories following share our experiences with keeping our spirits up by taking initiative while feeling the losses and restrictions. They speak of kindness, of acknowledging hard things, of celebrating... of moving forward. We share them to offer support in this very unsettled time...

### Learning the value of empathy

Moving forward happens in so many, many ways! The following thoughts support moving forward in social and emotional growth.

Empathy...Caring for each other...how do children learn these values? Modeling? I began helping a child who needed help and saying what I was doing. “I’m helping Katherine put all the babies back in the cradle.”

Next step...a container of construction paper hearts. I began giving a heart to a child who helped get another child’s jacket on, a child helping another child put the blocks away, two children sharing a book together. I would say things like, “Oh, you helped Mary with her jacket,” “Wow, you helped George put the blocks away. That was a lot of blocks!” “You both are reading that book together!”

The children began noticing when a child helped another child and wanted to give a heart, so I had to make the container accessible so children could give them to each

other! That's the part that children taught me. Not only were they helping each other – they were noticing when others helped also.

The children were all moving forward in becoming a community that helped each other. Simple, when capable adults help facilitate! (J.D.)

### **Random Acts of Kindness**

In my effort to keep my spirits up in this time of an unknown tomorrow, I celebrate each day, since I only get each day once, and try to make me content, even if it is just for a little while. There is an idea that is circulated called “random acts of kindness,” where I have followed the thoughts of making the day a little brighter when I can. Here is my latest episode:

I have a neighbor that is getting on in years that can no longer do what she used to do. She is not as stable on her feet as she once was. I had reason to visit her a couple of weeks ago, and stopped to talk, and observe. I noticed that her brick path was no longer lying flat, as a root had decided that the underside of the bricks was a good place to grow, get water and push the bricks out of place. My neighbor told me that she tripped and had nearly fallen on the uneven bricks. Friends do not let friends fall. I planned for a day when I had time to stop and do some digging. I brought a bucket of sand to put down under the bricks and my trusty trowel. I did not tell her I was coming, as she would worry about me doing the hard work, since I am no longer a spring chicken. I set to work and dug up the pathway. With difficulty, I dug out the offending roots, cutting some with an axe, and apologizing to the bush. It took a bit of effort, as the roots had firmly established their home under the bricks. I removed the roots, hoping that they will find a happier place to grow elsewhere. Then I tamped down the dirt, and added a layer of sand, and started putting the bricks back. In the meantime, my neighbor had discovered my car was parked across the street, and since she had not heard me, she came out to check on me. She caught me, dirty handed, in the middle of the bricks. She, of course, fussed at me for working in the heat. She said she had tried to call someone and that they did not return her call. She was very grateful that I fixed the path. She said it is much better. And she gave me cold water and chocolate chip cookies for my labor which made me happy and seemed a reasonable trade. (D.S.)

### **A New Family Tree**

In March of 2021 I received heartbreaking news from out-of-state relatives. My niece's 21-year-old son had passed away. Because of Covid-19, the services were limited to just a few close relatives and friends.

My sisters and I talked on the phone a lot. One of our concerns was how to send comfort to our niece and her family. Besides calls, flowers and cards, what else could we do? We came up with the idea of planting an Oak Tree in his memory on the family's property. We asked the niece about this and she loved the idea. It happened that some of the young man's friends had given the family a plaque, and they didn't know where to put it. Problem solved; it was decided that putting the plaque on the tree would be the perfect place for it.

We have waited for the weather to be right for planting the oak tree. Now it is scheduled for September. We will try to maintain social distancing by having a family potluck outdoors and then planting the tree.

I have a plane ticket and if the pandemic doesn't get worse at their site, or mine, I will be flying for the first time since the pandemic started. Seeing family in person will be wonderful, I really am looking forward to it. But I guess that it is fair to say, I have a lot of "trip-idation" about going on a plane and gathering with the extended family. It indeed does feel like walking on quicksand.

Addendum for "New Family Tree": We had the potluck outdoors as planned. It was wonderful. My niece and the rest of her family really felt loved and supported (as evidenced by the teary eyes). The plaque was way too big for putting on a tree, so it will go on a bench that sits under the tree. (M.S.)

*NOTE: We chose "Dear Olive Branch" as the title for this column for several reasons – foremost as a sign of peace. Also olives come in many colors, sizes, tastes, uses – a sign of diversity just as there are many types of questions and those who send the questions. We hope "Olive's" responses will help you, the reader. If you have a question for Olive, email it to us at [1peaceeducators@gmail.com](mailto:1peaceeducators@gmail.com).*

**Topic for the next Dear Olive Branch column: Growth Mindset**

We are looking for your questions and/or short stories regarding Growth Mindset With the changes in the pandemic, more children are meeting face-to-face in classrooms. What are your ideas, stories or questions for encouraging children to become friends and for developing a welcoming classroom community? Recommended number of words is under 300. Please submit your ideas by Jan 5, 2022.



# My 5 Favorite Tips for Moving Forward

While looking for resources on moving forward, we stumbled across this blog by Henrik Edberg who is the creator of the Positivity Blog. His tips are:

**1. Know the benefits of letting go of the past.**

Why is it sometimes so hard to let go of something or of the past and move forward in life?

**2. Get a boost of optimism.**

Give yourself a kickstart to begin moving forward by getting a boost of optimism.

**3. Focus on what you CAN do something about.**

You do not have control of the past. So don't get stuck in reliving it over and over again and in thinking about what you should have done differently.

**4. Start with just a small step.**

After you have found what you can do to move yourself forward instead of being stuck in worries or regrets ask yourself this:

**5. Celebrate your small step forward and success.**

After you have accomplished your first small or tiny step and begun moving forward on your journey then celebrate that win.

[To read the full blog and see detailed explanations here.](#)

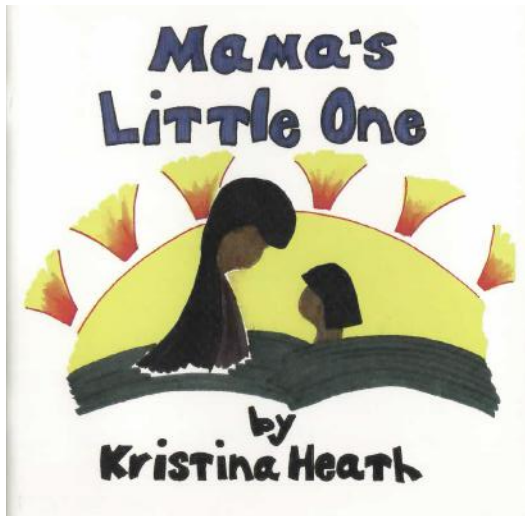
# Native American Authors

One of our PEACE members, Pat Landry, asked to share with our readers the [online resources regarding Native American authors at the Internet Public Library](#). Here you can find wonderful bibliographies of published work as well as links to online resources. Information is available on contemporary Native American authors as well as some historical ones. This site will continue to expand with a continuation of adding more resources, books, and authors.



*Photo courtesy of ToledoLibrary.org*

## Book Reviews



### ***Mama's Little One***

Written and Illustrated by

Kristina Heath

Muh-he-con-neew Press, May 1998

At the time of the publication of this book, Kristina Heath (Mohican/Menominee) was a student at University of Wisconsin-Stevens Point, a single mom, and an employee of Mohican Family Center and Mohican North Star Casino.

The catalyst for her first children's book was sparked with her reading from a history of the Muh-he-ka-ne-ok as recorded by Hendrick Aupaumut, a Mohican historian and diplomat of the eighteenth and nineteenth centuries.

What began as a historical project for a class, became the creation of this children's story. Based on Muh-he-ka-ne-ok historical documents, Kristina Heath adapted her book and illustrations into a readable story for young children.

While the priority and emphasis is on traditional Mohican values, the story is a resource that reinforces teaching young children compassion, cooperation and responsibility beginning with "Little Ones."

Kristina Heath's book is one that goes beyond Muh-he-ka--ne-ok history. I believe it is a message that resonates with all parents and teachers.

[View illustrations and text of this book online.](#)

Submitted by Pat Landry

*The Boy, the mole,  
the fox and the Horse*



*Charlie Mackey*

***The Boy, the Mole, the Fox, and the Horse***  
**by Charlie Mackey**

*Published by HarperCollins, NY, 2019, 66 pages*

This handwritten, lavishly illustrated book about friendship is affirming for any adult to read alone, but especially wonderful when read to a young child, with pauses to contemplate the situations and feelings the book brings to life.

A boy meets a mole. They talk, exploring together what's important in their lives. They meet a fox, caught in a snare. The mole conquers his fear, and chews through the rope trapping the fox. The mole falls in a pond, and the fox rescues him. They meet a horse, and they play with her. The boy falls from the horse into the pond, and the horse rescues him. They hug and

rest, contemplating what it is to be alive. They dream, and some of the dream comes true.

Words aren't enough to express the warmth that comes from experiencing this book, especially when it's shared.

Submitted by John Surr

# Days of the Month

## October

### October 5 - World Teachers' Day

Almost everybody has a favorite teacher, someone who went above and beyond to encourage you because they could see your potential. On October 5, take time to celebrate World Teachers' Day — a global event launched by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 1994.



*Picture courtesy of Unsplash.com*

### October 11 - International Day of the Girl Child



This year's theme is going to be "My Voice, Our Equal Future". This unique day provides opportunities for young adolescent girls around the world, to have their voices heard regarding impactful changes they would like to see. Last year, the focus was on:

- Live free from gender-based violence, harmful practices, and HIV and AIDS
- Learn new skills towards the futures they choose
- Lead as a generation of activists accelerating social change

Let's see what this year brings.

*(Picture courtesy of Doug Linstedt)*

## October 16 - World Food Day

The COVID-19 global health crisis has been a time to reflect on things we truly cherish and our most basic needs. These uncertain times have made many of us rekindle our appreciation for a thing that some take for granted and many go without: food.

Food is the essence of life and the bedrock of our cultures and communities. Preserving access to safe and nutritious food is and will continue to be an essential part of the response to the COVID-19 pandemic, particularly for poor and vulnerable communities, who are hit hardest by the pandemic and resulting economic shocks.



*Picture courtesy of Anaya Katlego*

## October 24-30 - Disarmament Week

Looking at history, many countries have pursued disarmament, in order to provide a safer, more secure world for everyone. When the UN was founded, disarmament and arms control played a crucial role in ending several crises and conflicts globally.



*Picture courtesy of Kadir Celep*

## Quote of the Month



# You're Important to Us!

## Help us keep in touch!

*Please contribute to our future as we support the peaceful world we and children need to thrive.*

We are eager for new members, and active members. Membership is free, although you're encouraged to help us as you can. Spread the word and let us know how you would like to be engaged at [1peaceeducators@gmail.com](mailto:1peaceeducators@gmail.com).

Join Now

Donate

f Follow us on Facebook

Join the NAEYC Interest Forum

## Help bring peace education to the profession and the public!

If you would like to bring P.E.A.C.E., Inc.'s perspective to more teachers on the ground working with young children, there are opportunities both in person and online.

Particularly on [NAEYC's HELLO open forum](#) we have seen opportunities to engage on these issues.

Join [actforpeace@googlegroups.com](mailto:actforpeace@googlegroups.com) to follow our members' recommended actions and share your own! You can sign up at [1peaceeducators@gmail.com](mailto:1peaceeducators@gmail.com) or directly through Google Groups. We hope you will spread the word about the actions by forwarding them on to others.

Visit our Website, [peaceeducators.org](http://peaceeducators.org)!

