

Inclusive Communication Calendar

Date	Name	Observed by	Type of Observance	Description	Notes	Sample Email	Sample Events
February	African Heritage Month	National Observance		During African Heritage Month, Canadians celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.		<p>SENT IN 2023 This year’s African Heritage Month provincial theme, Seas of struggle – African Peoples from Shore to Shore, outlines the struggles people of African Decent have faced from the shores of Africa to the shores of Nova Scotia while recognizing the one thing that has remained constant in our history is the Atlantic Ocean. In the long-standing history of people of African Descent in the development of Canada, the sea has played a vital role. This theme explores the struggle and adversity that was overcome and examines the effects of slavery and sea faring of African Nova Scotians. The theme also aligns with the United Nations’ International Decade for People of African Descent (DPAD) 2015-2024. The goal of DPAD is to strengthen global cooperation in support of people of African descent, increase awareness and the passage towards presence in all aspects of society – Black Cultural Centre for Nova Scotia http://www.ahm.bccnsweb.com/wp/home/</p> <p>The Black Student Advising Office’s mission is to see all Black Students reach their maximum potential. Part of the mission involves advocating, supporting and creating spaces to flourish all year round. February is a time for everyone at StFX to celebrate African Heritage Month. Over the month of February there are opportunities to engage in activities around campus. It is also a time to reflect and reaffirm how we can strengthen our commitment to further support students, staff and faculty of African Descent. The Black Student Advising Office</p>	<p>2023 events - Jan 23rd 10:00am -Province of Nova Scotia official launch of African Heritage Month: This virtual event can be seen online at: https://www.youtube.com/watch?v=r9X-HdMrnMU or www.bccns.tv</p> <p>Jan 31st - 10:00am- Town of Antigonish will raise the Pan – African at Chisholm Park. We encourage community members to witness this event at Chisholm Park</p> <p>Feb 1st - 11:00 am- 12:00 pm, Mackay Room – Bloomfield Centre- Community event: Town of Antigonish in partnership with StFX- African Heritage Month Civic Launch and StFX Pan-African Flag Raising. Event will be in person and live streamed on the StFX website.</p> <p>Feb 1st 1:00 – 2:30pm – National Collaborating Centre for Determinants of Health (NCCDH) hosts a webinar series- Anti-Black Racism and Public Health: the roots and legacy of anti-Black racism in society and the field of health. This session will further explore concepts of whiteness and privilege to situate systems of inequity – To register click link https://us06web.zoom.us/webinar/register/WN_DsWKZeCxTLsq196sB_duWA</p> <p>Feb 1st – 6:00 – 7:30 pm in Schwartz 110- The Jules Leger Lecture Series with support from the Black Student Advising Office presents keynote speaker Michel Chikwanine. An accomplished motivational speaker and author, United Nations Fellow for People of African Descent, Michel inspires people to believe in their ability to make a difference and leaves audiences with</p>

						<p>and other campus partners are pleased to offer the events listed below. Additional communication and promotional material will go out of over the course of the month. In addition to internal events the Black Student Advising Office will be posting information about the many external virtual and in-person events happening throughout the province.</p> <p>Black Student Advisors -Tara Reddick & Amelie Gero</p>	<p>a new perspective on life, a sense of hope through social responsibility, and a desire for change. https://www.speakers.ca/speakers/michel-chikwanine/ Feb 1st – Feb 15th call for submissions to the Xaverian Weekly “Reflections in the Water “– Exploring Love, Struggle, Excellence, Resistance and Pride: Creative writings from StFX/Antigonish Black Community- Students, Staff and Faculty are encouraged to submit poetry, short expressions, reflections, prose and any forms of short creative writings .Xaverian Weekly release date Feb 27th. Feb 3rd, 6th , 10th - Black Excellence Pop up Events: At various locations the Black Student Peer Mentors will set up around campus. Black Students can receive a free Black Excellence T-shirt (limited quantity). All members of the campus community can enter in a draw to win an African Heritage prize pack. Feb 4th – 6:00pm – 8:00 pm African Heritage Month Cabaret– Bauer theatre lounge (next to the physical science building): The Black Student Advising Office in partnership with the Bauer theatre will host an evening of open mic and performance – Come see StFX music student Tariq Innis play some soulful sounds . There will be an open mic, so come and perform poetry, music, or anything you wish. Register at treddick@stfx.ca or agero@stfx.ca Free snacks and drinks. Feb 8th 11:30 am -1 pm- Possibilities Brunch With Kate MacDonald @ The DEC Lounge – 4th floor Bloomfield: – Open to Black Students – a catered brunch with artist, activist Kate MacDonald. Black students will enjoy a writing circle with Kate. A chance to explore the connections between creative writing, expression, resistance, mobilization,</p>
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							<p>and activism. https://www.katemaconnald.info/about Feb 8th 7:00 pm - 8:30pm- Schwartz Auditorium – Possibilities; An Evening with Kate MacDonald: Open to all members of the StFX and broader Antigonish community. Kate MacDonald is an African Nova Scotian artist, educator and activist, Kate will talk about how she brings marginalized brilliance to the forefront. Feb 10th 6:00 pm and 8:00 pm – Coach K Court- African Heritage Month Awareness Basketball game, X- Women & X-Men games. Feb 15th 6:00 pm - 8:00 pm – Library Film Screening of ‘Freedom Swell’: a powerful documentary that highlights a unique surf program designed to empower African Nova Scotian youth to connect with the Atlantic Ocean and discover the healing power of water. Come and enjoy this free screening, popcorn and drinks provided. Feb 16th – 4:00 pm - 7:00 pm- Morrison Hall, Sodexo African Heritage Month Dinner: Students will enjoy African inspired food. Come to the dining hall during regular supper hours. Black students are encouraged to wear their Black Excellence T-Shirt, other members of the StFX community can wear a Black T-shirt to celebrate and support African Heritage Month. Feb 22nd – 6 :00pm to 8:00 pm- StFX students, Paint and chill night: An evening of socializing, music, snacks, and relaxing painting on canvass. Come hangout in the DEC (Diversity Engagement Centre, 4th Floor Bloomfield Centre) Feb 27th- Xaverian Weekly African Heritage Month Reflections in the Water Released. Feb 28th—7:00 pm to 9:00 pm – African Heritage Month Trivia Night at the StFX Inn -</p>
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							African Heritage Prize Pack winner announced.
February 14 - March 28, 2024	Ash Wednesday - Lent begins	Christianity	Religious	Lent is the solemn Christian religious observance in the liturgical year commemorating the 40 days Jesus Christ spent fasting in the desert and enduring temptation by Satan,. Lent is observed in the Anglican, Eastern Orthodox, Lutheran, Methodist, Moravian, Oriental Orthodox, Church of the East, United Protestant and Roman Catholic traditions of Christianity.	Date changes each year	<p>SAMPLE - Subject: Observing Ash Wednesday: A Message of Reflection and Renewal</p> <p>Dear [University/School] Community, As we enter the Lenten season, we extend our heartfelt wishes to all faculty, staff, and students observing Ash Wednesday. Ash Wednesday marks the beginning of the Lenten journey—a period of reflection, repentance, and spiritual renewal. It is a time to contemplate the significance of our actions, seek forgiveness, and embrace the opportunity for personal growth. On this day, many within our community may receive ashes as a symbol of mortality and a reminder of the call to repentance. This act serves as a powerful symbol of our shared humanity and the importance of humility in our lives. As we embark on this season of introspection, let us consider the values of compassion, kindness, and understanding. May this period of reflection strengthen our sense of community and encourage us to support one another on our respective journeys. We acknowledge and respect the diverse spiritual and religious beliefs within our community, and we encourage everyone to embrace the opportunity for personal reflection and growth, regardless of faith tradition. Wishing you a meaningful and introspective Ash Wednesday as we collectively embark on this season of spiritual significance.</p>	
December 8, 2023	Bodhi Day	Buddhism	Religious	Commemorates the day Siddhartha Gautama		SAMPLE - Subject: Celebrating Bodhi Day: A Message of Enlightenment and	

				attained enlightenment under the Bodhi tree.		<p>CompassionAs we gather together to celebrate Bodhi Day, I extend warm wishes of enlightenment, peace, and joy to each one of you. Bodhi Day, also known as Rohatsu in Japan, commemorates the moment when Siddhartha Gautama, after years of deep meditation, attained enlightenment under the Bodhi tree.The teachings of Lord Buddha lead to the path to enlightenment. The journey towards awakening is a personal and collective endeavor, a continuous exploration of understanding, compassion, and mindfulness.Bodhi Day serves as a reminder of the potential for enlightenment within ourselves and the capacity to awaken to the true nature of reality. It invites us to cultivate mindfulness in our daily lives, fostering a sense of inner peace and compassion towards all sentient beings.As we celebrate this day, let us commit to:</p> <p>Mindful Reflection: Take moments for quiet reflection, contemplating the teachings of compassion, wisdom, and interconnectedness.Acts of Kindness: Practice random acts of kindness and extend compassion to those around us, recognizing the shared journey toward enlightenment.Community Building: Strengthen our sense of community and support one another on our individual paths to enlightenment.Gratitude: Express gratitude for the teachings that guide us toward a deeper understanding of ourselves and the world.Generosity: Embrace the spirit of generosity by sharing our time, resources, and compassion with others.Wishing you a serene and enlightening Bodhi Day.</p>	
Second Monday of October	Canadian Thanksgiving					<p>SAMPLE- Subject: A Heartfelt Thanksgiving Message to Our University Community As we gather with family and friends to celebrate Thanksgiving, we extend our</p>	International Thanksgiving Potluck - Encourage students and staff to bring dishes from their cultural backgrounds. / Create a festive atmosphere with diverse decorations.

						<p>warmest wishes to each and every one of you in our university community.</p> <p>Thanksgiving is a time to express gratitude for the blessings in our lives and to reflect on the importance of community, togetherness, and appreciation. Today, we want to take a moment to express our sincere thanks to the incredible faculty, dedicated staff, and talented students who contribute to making our university a vibrant and enriching place. We are grateful for the passion and commitment each of you brings to our academic community. Your hard work, creativity, and resilience contribute to the success and vitality of our university. Together, we create an environment that fosters learning, growth, and collaboration. As we enjoy the warmth of this holiday, let us also remember those who may be facing challenges. Let the spirit of Thanksgiving inspire us to extend kindness and support to one another, fostering a sense of belonging and unity.</p> <p>May this Thanksgiving be filled with joy, gratitude, and the company of loved ones. We appreciate each and every member of our university community and look forward to continuing our journey together. Wishing you a Happy Thanksgiving!</p>	<p>/ Have a brief open mic session for attendees to share the cultural significance of their dishes.</p>
May 6 - 12, 2024	Deaf Awareness Week	National	Observance	The purpose of Deaf Awareness Week is to increase public awareness of deaf issues, people, and culture. Activities and events throughout Deaf Awareness Week encourage individuals to come together as a community	There is also "World Deaf Day" celebrated the last Sunday of September / International Week of the Deaf occurs the last full week in September	<p>SAMPLE - As we embark on Deaf Awareness Week, we have a wonderful opportunity to come together as a community to recognize, celebrate, and promote awareness about the Deaf and hard of hearing experience. This week is not only a time to acknowledge the richness and diversity of the Deaf community but also an invitation for all of us to learn, engage, and foster inclusivity.</p>	

				for both educational events and celebrations.		<p>Let us take this opportunity to recognize the strengths and capabilities of our Deaf colleagues and peers. By fostering an inclusive environment that values diversity in all its forms, we contribute to a more equitable and enriching educational experience for everyone.</p> <p>If you have any ideas or initiatives you'd like to contribute during Deaf Awareness Week, please feel free to reach out to the organizing committee. Your involvement and support will contribute significantly to the success of this week and help us build a more inclusive and understanding community.</p> <p>Thank you for your participation and commitment to creating an environment where everyone feels heard and valued.</p>	
November 1, 2024	Diwali	Hinduism	Religious	A Hindu Festival of Light celebrated over five days	Date changes each year	<p>SENT IN 2023 Dear StFX Community,</p> <p>Warm Diwali greetings to each one of you. Diwali, the festival of lights, holds special significance for millions of people around the world, particularly those who follow Hindu, Jain, Sikh, and some Buddhist traditions. It is a time of joy, reflection, and togetherness, a celebration filled with light and positivity.</p> <p>Diwali is a festival that transcends cultural and religious boundaries, symbolizing the victory of light over darkness and good over evil. Its celebration involves the lighting of diyas (lamps), the exchange of sweets, and the sharing of festive meals. It is a time for family gatherings, the renewal of friendships, and the offering of prayers for prosperity and well-being.</p>	Diwali Night Celebration - Decorate a venue with colorful lights, rangoli (traditional Indian art), and diyas (candles). / Arrange for dance performances, such as a Bollywood dance showcase. / Offer traditional Indian sweets and snacks.

						In the spirit of this beautiful festival, I want to express gratitude for the vibrant and supportive community that StFX is. Your contributions, whether as students, faculty, or staff, play a crucial role in creating a harmonious and thriving environment. As we come together to recognize Diwali, let us also embrace the values of unity, compassion, and understanding.	
approximately April 10, 2024	Eid-al-Fitr	Islam	Religious	The religious holiday of Eid al-Fitr is celebrated by Muslims worldwide because it marks the end of the month-long dawn-to-sunset fasting of Ramadan.[6] Some Muslims, however, do not view it as a sacred holiday.[7] Eid al-Fitr falls on the first day of Shawwal in the Islamic calendar; this does not always fall on the same Gregorian day, as the start of any lunar Hijri month varies based on when the new moon is sighted by local religious authorities.	Date changes each year	<p>SAMPLE - Subject - Warm Wishes for Eid al-Fitr</p> <p>As we celebrate the joyous occasion of Eid al-Fitr, I extend my heartfelt wishes to each and every member of our diverse and vibrant community. Eid al-Fitr, also known as the Festival of Breaking the Fast, marks the end of Ramadan, a month of fasting, prayer, and reflection for our Muslim friends and colleagues.</p> <p>During this time of festivity and gratitude, let us come together to recognize the significance of Eid al-Fitr. It is a time for expressing gratitude, fostering unity, and sharing the blessings of community and family. As we join in the celebrations, may the spirit of Eid bring joy, peace, and prosperity to your lives and to the lives of your loved ones.</p> <p>In the spirit of inclusivity, we encourage everyone to take a moment to learn more about the traditions and customs associated with Eid al-Fitr. By fostering understanding and embracing the rich tapestry of cultures within our community, we strengthen the bonds that make our institution a diverse and harmonious place for all.</p> <p>To our Muslim students, faculty, and staff, may your celebrations be filled with joy, love,</p>	Eid Carnival - Set up a carnival atmosphere with games and rides. / Include henna stations, traditional clothing displays, and Islamic art exhibits. / Offer a diverse range of international foods.

						<p>and the warmth of community. For those who may not observe Eid al-Fitr, we extend our wishes for a time of reflection and shared moments of joy with friends and family.</p> <p>May this Eid bring peace, happiness, and prosperity to each and every one of you.</p> <p>Eid Mubarak!</p>	
March 29, 2024	Holy Week - Good Friday, Easter message	Christianity	Religious	Commemorates the crucifixion of Jesus Christ	Date changes each year	<p>SAMPLE - Subject: Dear University Community,</p> <p>As we approach observance of Holy Week and the celebration of Easter, I want to take a moment to acknowledge the cultural and religious significance of these events for many members of our community.</p> <p>Holy Week, the week leading up to Easter Sunday, holds profound importance for Christians around the world. It commemorates the final week of Jesus Christ's life, including his crucifixion on Good Friday and his resurrection on Easter Sunday. For believers, this period is a time of reflection, repentance, and spiritual renewal.</p> <p>Easter Sunday, the culmination of Holy Week, is a joyous occasion symbolizing hope, renewal, and new beginnings. It is a time for families and communities to come together, often marked by church services, feasting, and the sharing of traditions.</p> <p>Additionally, it's essential to recognize that Holy Week and Easter hold cultural significance beyond their religious connotations. They represent a time of unity and solidarity, bringing people together regardless of their faith background to</p>	

						<p>celebrate shared values of love, compassion, and renewal.</p> <p>As we embrace the diversity within our university community, let us use this time to foster understanding, respect, and appreciation for each other's beliefs and traditions. Whether you observe Holy Week and Easter as a religious holiday or simply as a cultural celebration, may it be a time of reflection, gratitude, and connection with loved ones.</p> <p>I encourage everyone to engage in respectful dialogue, learn from one another, and embrace the spirit of inclusivity and compassion that defines our community.</p> <p>Wishing you all a blessed Holy Week and a joyful Easter!</p> <p>Warm regards,</p>	
December 7-15, 2023	Hanukkah	Jewish	Religious	Hanukkah is a Jewish festival that reaffirms the ideals of Judaism and commemorates in particular the rededication of the Second Temple of Jerusalem by the lighting of candles on each day of the festival.	Date changes each year	<p>SAMPLE - Subject - Wishing You a Joyous Hanukkah</p> <p>As we enter the festive season, I want to extend warm wishes to our Jewish community and to all who celebrate Hanukkah. Hanukkah, also known as the Festival of Lights, is a time of joy, hope, and the celebration of miracles.</p> <p>During these eight nights, we light the menorah to commemorate the miracle of the oil that burned for eight days, symbolizing the resilience and strength of the Jewish people. It is a time for reflection, gratitude, and the joyous gathering of family and friends.</p> <p>May the glow of the menorah illuminate</p>	Menorah Lighting Ceremony - Set up a large menorah in a central campus location / Invite a local rabbi or community leader to explain the significance of each night's lighting. / Include traditional Hanukkah foods, like latkes and sufganiyot (jelly-filled donuts), and organize a tasting.

					<p>your hearts and homes with warmth, and may the spirit of Hanukkah inspire us all to kindle the flames of hope, understanding, and unity within our community.</p> <p>To those celebrating Hanukkah, may your homes be filled with love, laughter, and the joy of shared traditions. For those who may not observe Hanukkah, we encourage you to take this opportunity to learn more about the customs and significance of this festival, fostering a spirit of inclusivity and understanding within our diverse community.</p> <p>Wishing you a Hanukkah filled with light, love, and moments of shared joy.</p> <p>Happy Hanukkah!</p>	
	Holi			<p>Holi is a popular and significant Hindu festival celebrated as the Festival of Colours, Love, and Spring. It celebrates the eternal and divine love of the deities Radha and Krishna. Additionally, the day signifies the triumph of good over evil,</p>	<p>SAMPLE Subject: Celebrating the Vibrancy of Holi</p> <p>As we approach the festival of colors, Holi, I extend my warmest wishes to our entire community. Holi is a time of joy, unity, and the celebration of the arrival of spring within the Hindu tradition. It is a festival that transcends cultural boundaries, symbolizing the triumph of good over evil and the renewal of life.</p> <p>It is a time to cultivate harmony, foster friendships, and appreciate the diversity that makes our community so vibrant. As we revel in the bright hues of powdered colors, may we also appreciate the beauty that diversity adds to our lives.</p> <p>For those unfamiliar with Holi, we invite you to learn more about the traditions and significance of this festival. By understanding</p>	<p>Holi Color Run - Organize a colorful run or walk with participants throwing safe, washable colors. /Include a DJ or live music to create a festive atmosphere. / Provide white shirts for participants to showcase the vibrant colors.</p>

						<p>and appreciating the customs of our fellow community members, we contribute to a richer, more inclusive environment for everyone.</p> <p>Happy Holi!</p>	
May 17, 2024	International Day Against Homophobia, Transphobia and Biphobia			<p>The date of May 17th was specifically chosen to commemorate the World Health Organization's decision in 1990 to declassify homosexuality as a mental disorder.</p>		<p>SAMPLE - Subject: Celebrating Diversity: International Day Against Homophobia, Transphobia, and Biphobia</p> <p>Today, we stand united in support of the International Day Against Homophobia, Transphobia, and Biphobia (IDAHOTB). This important day serves as a global reminder of our commitment to creating a campus that is inclusive, accepting, and free from discrimination.</p> <p>At our university, we celebrate the rich tapestry of diversity that makes our community strong and vibrant. Everyone, regardless of their sexual orientation, gender identity, or expression, deserves to be treated with respect and dignity.</p> <p>IDAHOTB is a moment for reflection, education, and advocacy. It's an opportunity to raise awareness about the challenges faced by the LGBTQ+ community and to promote a culture of understanding and acceptance. Together, let us work towards a future where everyone can live authentically and without fear of discrimination.</p> <p>Take a moment today to educate yourself about the issues faced by the LGBTQ+ community, engage in conversations, and show your support in whatever way feels right for you. By working together, we can create a campus where diversity is not only embraced but celebrated.</p> <p>Thank you for being a part of a community that values inclusivity, understanding, and acceptance.</p>	

December 3, 2023	International Day of Persons with Disabilities	UN Observance		United Nations' (UN) International Day of Persons with Disabilities is annually held on December 3 to focus on issues that affect people with disabilities worldwide.		<p>SENT IN 2022 - December 3 is International Day of Persons with Disabilities (IDPD)! Over 30% of Nova Scotians have a disability. Accessibility is a human right. Imagine a world with no barriers.</p> <p>The Tramble Centre for Accessible Learning is an academic program of support for students with diagnosed and documented permanent disabilities. Tramble Centre staff work with students to put in place recommended accommodations that will help students to succeed at STFX. Tutoring, note taking, academic strategy, assistive technology, and testing accommodations are just some of the supports available to students registered with the Tramble Centre. Visit in person room 108 in the library, online Tramble Centre website or email cal@stfx.ca.</p> <p>StFX University accelerated efforts to advance accessibility and approved its first university-wide Accessibility Plan in 2022. The plan provides a detailed roadmap for ensuring the university supports Nova Scotia's goal of being fully accessible by 2030 and advances StFX's commitment to equity, diversity, inclusion, accessibility. Read the full plan, and learn more about our planning process online StFX Accessibility Plan.</p> <p>Alt Text: Picture 1 Clipart image of students with disabilities. Text reads: "International Day of Persons with Disabilities December 3" Picture 2 White child with a facial difference playing sledge hockey. Text reads "International Day of Persons with Disabilities. 3 December. Access includes everyone. Accessiblenovascotia.ca." Picture 3 Woman of colour wearing low vision</p>	
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						<p>sunglasses and a hijab gesturing in a meeting. Text reads "International Day of Persons with Disabilities. 3 December. Access includes everyone. Accessiblenovascotia.ca." Picture 4</p> <p>Graphic with text reads: "Tramble Centre for Accessible Learning, email cal@stfx.ca, Come Visit Us, Program Coordinator Elizabeth Kell ekell@stfx.ca Disability Resource Facilitator Colleen Smereka csmerka@stfx.ca Exam Coordinator Jacquie Wilson jwilson@stfx.ca Note Taking Coordinator Tracey Pitts tpitts@stfx.ca New Student Support & Tutor Coordinator Hilary Rankin hrankin@stfx.ca Room 108, Library Career Transition Coordinator & EDGE Program Lead Heather Myers hmyers@stfx.ca Room 190 Schwartz"</p> <p>Picture 5</p> <p>Clipart background of students with disabilities in graduation gowns and caps. Text reads, "Access includes everyone"</p>	
November 25, 2024	International Day of the Elimination of Violence Against Women	UN observance	UN International Observance	The United Nations' (UN) International Day for the Elimination of Violence against Women is an occasion for governments, international organizations and non-governmental organizations to raise public awareness of violence against women. It has been observed on November 25 each year since 2000.		<p>SAMPLE - Subject: Standing Together Against Violence: International Day for the Elimination of Violence Against Women</p> <p>As we mark the International Day for the Elimination of Violence Against Women, we come together as a university community to raise awareness, promote education, and stand united against all forms of violence that disproportionately affect women.</p> <p>This day serves as a solemn reminder of the urgent need to address and eradicate gender-based violence in all its forms. It is a call to action for each of us to contribute to creating a world where every woman and girl can live free from fear, oppression, and violence.</p> <p>As members of this academic community, we play a crucial role in fostering an environment that upholds the values of</p>	

						<p>respect, dignity, and equality. Let us use this day to reflect on the impact of gender-based violence, to support survivors, and to educate ourselves and others on the importance of consent, respect, and healthy relationships.</p> <p>Together, we can challenge harmful stereotypes, dismantle discriminatory practices, and advocate for policies that ensure the safety and well-being of every member of our community. Let us be allies, advocates, and agents of change.</p> <p>If you or someone you know is experiencing violence, please remember that support is available. [Include information about campus resources or external helplines.]</p> <p>On this International Day for the Elimination of Violence Against Women, let us recommit ourselves to creating a university community that stands against violence, values diversity, and works tirelessly to create a safe and inclusive environment for everyone.</p> <p>Thank you for being part of this important conversation and for contributing to a culture of respect and equality.</p>	
March 8, 2024	International Women's Day	UN observance		<p>International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.</p>		<p>SAMPLE - Subject: Inspiring Inclusion: International Women's Day Celebration</p> <p>Happy International Women's Day! Today, we come together as a university community to celebrate the incredible achievements, resilience, and diversity of women around the world. This year's theme, "Inspire Inclusion," encourages us to reflect on the strides we've made toward equality and to consider the ways we can further promote inclusivity within our community.</p> <p>In honoring International Women's Day, let us recognize and celebrate the myriad contributions of women within our university—students, faculty, staff, and alumni. Together, we form a rich tapestry of</p>	

						<p>experiences, perspectives, and talents that contribute to the vibrancy and success of our academic institution.</p> <p>"Inspire Inclusion" serves as a powerful reminder of our collective responsibility to create an environment where everyone feels valued, heard, and supported. As we celebrate the achievements of women, let us also commit to breaking down barriers and fostering a culture that embraces and uplifts the voices of all individuals, irrespective of gender.</p> <p>Throughout the day, there will be various events and activities dedicated to exploring the theme of inclusion. I encourage you to participate, engage in conversations, and take this opportunity to learn from and celebrate the diverse stories and experiences of women within our community.</p> <p>Remember, our strength lies in our diversity, and by inspiring inclusion, we can create a university community that reflects the principles of equality, respect, and understanding.</p> <p>Thank you for being an integral part of our journey toward a more inclusive and equitable future.</p> <p>Happy International Women's Day!</p>	
December 26, 2023 - January 1, 2024	Kwanzaa	African American		Kwanzaa is an annual celebration of African-American culture from December 26 to January 1, culminating in a communal feast called Karamu, usually on the sixth day.		<p>SAMPLE - Subject: Celebrating Kwanzaa: A Message of Unity and Reflection</p> <p>Dear [University/School] Community,</p> <p>As we approach the holiday season, we would like to extend warm wishes to all our faculty, staff, and students who celebrate Kwanzaa, a meaningful and joyous cultural celebration that honors African heritage and principles.</p> <p>Kwanzaa, celebrated from December 26th to January 1st, is a time for reflection, unity, and community. It is an opportunity for us to</p>	Kwanzaa Community Dinner - Host a communal feast with foods that represent the seven principles of Kwanzaa./ Arrange for speakers to discuss the significance of each principle. /Feature performances of African music and dance.

						<p>come together as a diverse and vibrant campus to appreciate the rich traditions and values that Kwanzaa represents.</p> <p>During this special week, let us take a moment to reflect on the seven principles of Kwanzaa, known as the Nguzo Saba:</p> <p>Umoja (Unity): Emphasizing the importance of unity within the family, community, and nation.</p> <p>Kujichagulia (Self-Determination): Encouraging individuals to define, name, create, and speak for themselves.</p> <p>Ujima (Collective Work and Responsibility): Promoting collective responsibility and building community.</p> <p>Ujamaa (Cooperative Economics): Encouraging the building and maintaining of our own stores, shops, and businesses.</p> <p>Nia (Purpose): Encouraging individuals to work together to build a community that benefits everyone.</p> <p>Kuumba (Creativity): Encouraging individuals to do as much as they can to leave their community more beautiful and beneficial than they inherited it.</p> <p>Imani (Faith): Believing in the righteousness and victory of our struggle.</p> <p>Let us celebrate the richness of Kwanzaa by incorporating these principles into our daily lives and interactions. It is through understanding, respect, and appreciation of diverse cultural celebrations that we strengthen the bonds within our community and foster an inclusive environment for everyone.</p> <p>May this Kwanzaa be a time of reflection, joy, and unity for all who celebrate. We wish you a festive and fulfilling holiday season.</p>	
February 10, 2024	Lunar New Year			Chinese New Year, or Spring Festival, falls on a slightly different day in January or	Date changes each year	<p>SAMPLE - Subject: Wishing the University Community a Joyous Lunar New Year</p> <p>As we welcome the Lunar New Year, I extend</p>	Lunar New Year Festival - Decorate the campus with red lanterns and Chinese New Year symbols./ Arrange for lion or dragon

				<p>February of each year, as it follows the Chinese lunisolar calendar, rather than the regular Gregorian calendar used in most parts of the world. It is also known as Lunar New Year, which is a term that's more inclusive of the many East Asian cultures that celebrate it, including Koreans, Vietnamese, Tibetans, and others. For 2024, Chinese New Year falls on February 10, 2024, beginning the Year of the Dragon—the wood Dragon to be precise!</p>		<p>warm wishes to all those celebrating this joyous occasion within our diverse and vibrant community.</p> <p>The Lunar New Year, also known as the Spring Festival or Chinese New Year, marks a time of renewal, family gatherings, and the ushering in of good fortune. It is a celebration that transcends cultural boundaries, embracing a spirit of unity, hope, and shared traditions.</p> <p>May the Year of the [Animal] bring prosperity, happiness, and good health to each and every one of you. As we embark on this new lunar cycle, let us take a moment to appreciate the richness of our cultural tapestry and the unique traditions that make our community so special.</p> <p>Throughout this festive period, there may be various events and activities organized to celebrate the Lunar New Year. I encourage you to participate, learn about the customs and traditions, and take part in the shared joy that this celebration brings.</p> <p>May the spirit of the Lunar New Year fill your homes with warmth, your hearts with joy, and your lives with abundant blessings. Whether you celebrate with family, friends, or within our university community, I hope this season is a time of happiness and connection for all.</p> <p>Wishing you a prosperous and joy-filled Lunar New Year!</p>	<p>dance performances. / Organize a food festival with traditional Chinese dishes.</p>
May 7 -May 13	Mental Health Week			<p>Canadian Mental Health Association's (CMHA) Mental Health week is a Canada-wide awareness raising event aimed at ending stigma, discrimination and shame around mental illness.</p>		<p>SAMPLE - Subject: Embracing Mental Health: A Message for Mental Health Week</p> <p>As we embark on Mental Health Week, we come together to prioritize well-being, foster support, and break the stigma surrounding mental health. Now, more than ever, it is essential to emphasize the significance of mental health within our academic community.</p>	

						<p>Mental Health Week serves as a reminder that taking care of our mental well-being is a shared responsibility. It is an opportunity to encourage open conversations, promote understanding, and offer support to one another. At StFX, we recognize the importance of creating an environment where mental health is valued, and everyone feels seen, heard, and supported.</p> <p>Throughout this week, various events, activities, and resources will be available to help raise awareness and provide tools for managing mental health. I encourage you to engage in these initiatives, participate in conversations, and take proactive steps toward maintaining your well-being.</p> <p>Let us foster a culture of empathy, kindness, and support within our university community. Reach out to friends, colleagues, and classmates—check in on one another. Together, we can contribute to a campus environment where seeking help is encouraged, and each person's mental health journey is respected.</p> <p>Remember that seeking support is a sign of strength, and there are resources available for everyone. Whether you are a student, faculty member, or staff member, your mental health matters, and there are people ready to listen.</p> <p>Thank you for being part of a community that values the mental well-being of its members. Let us continue to support one another and work towards a university culture where mental health is a priority for all.</p> <p>Wishing you a mentally healthy and resilient week.</p>	
September 17, 2024	Mid Autumn Festival			The Mid-Autumn Festival, also known as the Moon Festival or Mooncake		<p>SAMPLE - Subject: Celebrating Unity and Togetherness: Mid-Autumn Festival Greetings</p>	<p>Mooncake Tasting Night - Set up a moonlit venue with lanterns and decorations./ Arrange for a mooncake tasting station with</p>

				<p>Festival, is a harvest festival celebrated in Chinese culture. It is held on the 15th day of the 8th month of the Chinese lunisolar calendar with a full moon at night, corresponding to mid-September to early October. On this day, the Chinese believe that the moon is at its brightest and fullest size, coinciding with harvest time in the middle of autumn</p>		<p>As the vibrant colors of autumn surround us, we extend warm wishes to all those celebrating the Mid-Autumn Festival within our diverse and close-knit community. The Mid-Autumn Festival, also known as the Moon Festival, is a time to gather with family and friends, enjoy traditional delicacies such as mooncakes, express gratitude, and appreciate the beauty of the full moon. This joyous occasion holds cultural significance across many communities, symbolizing unity, togetherness, and the sharing of bountiful harvests. May the Mid-Autumn Festival bring warmth, happiness, and a sense of unity to your homes and hearts. Whether you celebrate with family, friends, or within our university community, I hope this season is filled with moments of joy and reflection. Wishing you a joyous and harmonious Mid-Autumn Festival!</p>	<p>various flavors./ Include traditional storytelling and performances.</p>
OCTOBER	Mi'kmaq History Month	Cultural	Cultural/Informational	<p>October 1st marks the beginning of Mi'kmaq History Month in Nova Scotia as proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. Its purpose is to promote public awareness about the Mi'kmaw culture and heritage for all citizens of Nova Scotia.</p>		<p>SAMPLE - Subject: Celebrating Mi'kmaq History Month: A Message to Our University Community As we enter the month of October, we have a unique opportunity to celebrate and honor the rich history and vibrant culture of the Mi'kmaq people. October is recognized as Mi'kmaq History Month, a time to reflect on and appreciate the contributions, resilience, and traditions of the Mi'kmaq Nation. Our university is committed to fostering an inclusive and diverse community that values and respects the histories and cultures of Indigenous peoples. Mi'kmaq History Month provides us with a chance to deepen our understanding of the Mi'kmaq people, their heritage, and the ongoing contributions they make to our shared society. Throughout this month, we encourage all members of our community to engage in</p>	<p>EMAIL SENT IN 2023 - 1st attachment Events Sept/ Oct</p> <p>September 27, 7-9pm - Bloomfield Hub – Mi'kmaw cultural activities September 28, 3pm – Schwartz Auditorium - Learning Lodge with Sister Dorothy Moore September 28, 7-9pm - Rock Painting for Medicine Garden / Orange Shirt Day Prep September 29, 1-3pm – Desmond Hall – Reconciling through Landscapes, interactive educational activity. September 29, 5:30 pm – Barrick Auditorium, Mulroney Hall – National Day of Truth and Reconciliation – ceremony and Ribbon tying September 30, 7pm – MacKay Room, Bloomfield Centre - Free Concert – All ages – Alan Sylliboy and the Thunder Makers October 4, 5:30 pm – Sisters in Spirit and</p>

						<p>educational initiatives, events, and discussions that highlight the significance of Mi'kmaq History. Consider attending lectures, participating in cultural activities, or exploring resources that provide insight into the Mi'kmaq Nation's past and present. In collaboration with [relevant departments or organizations], we have organized several events and activities to commemorate Mi'kmaq History Month. These events aim to provide opportunities for learning, dialogue, and celebration. We invite you to join us in recognizing and honoring the Mi'kmaq people during this special month.</p> <p>Additionally, we encourage faculty to incorporate Mi'kmaq perspectives and content into their curricula to create a more inclusive and diverse learning environment. By doing so, we contribute to the broader goal of recognizing and appreciating the diversity of Indigenous knowledge and experiences.</p> <p>Let us use Mi'kmaq History Month as a catalyst for ongoing efforts to build bridges of understanding, respect, and collaboration. By coming together as a community, we can contribute to a more inclusive and equitable future for all.</p> <p>Thank you for your commitment to fostering an environment that values diversity and promotes cultural awareness.</p>	<p>Take Back the Night Rally, StFX Turf Field October 11, 12:15 pm – Coady Gardens/ KIKNU – Lunch and Learn, Medicine Garden Guest Speaker – Michelle Peters</p> <p>ALL ARE WELCOME</p> <p>2nd attachment Reconciling through Landscapes Join us Friday, September 29th 1-3pm at Desmond Hall, Coady West For a viewing of the Indigenous Peoples Atlas and an interactive activity</p> <p>Be part of the reconciliation on campus For more information and to sign up, join us at this event or contact Terena Francis at tfrancis@stfx.ca</p> <p>3rd attachment A Saint Francis Xavier University Learning Lodge with Molasses Cake Celebrating the Life, Work, and Wisdom of L'NU ELDER DR. SISTER DOROTHY MOORE</p> <p>Come feel the love as cultural scholar, survivor, educator, activist, and friend, Mi'kmaw Elder Dr. Sister Dorothy Moore shares her experiences of hope through her book, film and friends.</p> <p>Schwartz Auditorium September 28, 2023 3:00 pm</p>
December 6, 2023	National Day of Remembrance and Action on Violence					<p>SAMPLE - Subject: Commemorating the National Day of Remembrance and Action on Violence Against Women As we approach December 6th, we are reminded of the National Day of Remembrance and Action on Violence Against Women in Canada. This day holds</p>	<p>MESSAGE SENT IN 2021 To the campus community,</p> <p>Today, StFX honours the National Day of Remembrance and Action on Violence Against Women. Thirty-two years ago today, a lone gun man murdered 14 women at</p>

	Against Women					<p>significant importance as we come together to honor the memory of the 14 young women who lost their lives in the tragic École Polytechnique massacre in 1989 and to raise awareness about the broader issue of gender-based violence.</p> <p>It is crucial that we take a moment to reflect on the impact of violence against women in our society and renew our commitment to fostering a campus environment that is safe, respectful, and supportive. The National Day of Remembrance and Action serves as a poignant reminder that we must actively work towards eliminating all forms of gender-based violence and discrimination. In commemoration of this day, StFX will be organizing [specific events or activities] to promote awareness and engage in meaningful conversations about the steps we can take collectively to address and prevent gender-based violence. We invite you to participate in these events, reflect on the significance of this day, and consider how we, as a community, can contribute to creating a safer and more inclusive environment for everyone.</p> <p>It is also an opportune time to recognize and appreciate the strength and resilience of survivors. Let us stand together in solidarity to challenge societal norms that perpetuate violence and discrimination, and strive for a future where everyone can live free from fear.</p> <p>As members of the StFX community, let us commit ourselves to fostering a culture of respect, empathy, and support. Through education, awareness, and collective action, we can contribute to creating positive change and ensuring that our campus remains a place where everyone feels safe and valued.</p>	<p>l'École Polytechnique at the University of Montreal simply because they were women. In recognition of this solemn day, each year on December 6th the Dean of Science presents a Memorial Scholarship & Bursary to first year female engineering students. StFX would like to take this opportunity today to honour the recipients of the following scholarship and bursary, which aim to improve equity for women studying in STEM fields:</p> <p>Memorial Scholarship for Women in Engineering The award is given to the top female student who is in their first year of Engineering. This year's recipient is Lydia Taylor, in photo below, with Dean of Science Dr. Joe Apaloo.</p> <p>General Motors of Canada Ltd. Women in Science Bursary The recipient has been recognized for their leadership potential and academic performance. This year's recipient is Katie MacLennan, in photo below, with Dean of Science Dr. Joe Apaloo.</p> <p>The Sexual Violence Prevention and Response Advocate and the Manager of Human Rights and Equity have created a brief video providing information and resources to those impacted by gender-based violence: https://drive.google.com/file/d/1niPjfcyJL6ZeBsMLSLTOWvTEleHFEiK/view</p> <p>This afternoon the Women in Engineering Society will be hosting a table in the Mulroney Atrium from 2-5 p.m. We welcome our campus community to stop by and pick up a purple ribbon to wear in support of this</p>
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						<p>Thank you for your participation and dedication to building a more compassionate and inclusive community.</p>	<p>important day. We also welcome our community to stop by to talk about the events of December 6, 1989, gender-based violence, and how to become an ally and end GBV.</p> <p>I encourage all Xaverians to take a moment to reflect on what we can all do to end gender-based violence in our community and beyond. Thank you Megan</p> <p>MEGAN FOGARTY MIR (she/her) MANAGER, HUMAN RIGHTS & EQUITY 306A Bloomfield Centre St. Francis Xavier University Antigonish, Nova Scotia · Canada t 902 867 5306 · c 902 318 1586 · e. mfogarty@stfx.ca</p>
June 21, 2024	National Indigenous People's Day					<p>EMAIL SENT IN 2023 - Today is National Indigenous Peoples Day. Its recognizes and celebrates the history, heritage, resilience and diversity of First Nations, Inuit and Métis.. Included an image</p>	
September 30, 2024	Orange Shirt Day	National	Cultural/Informational	<p>Orange Shirt Day (September 30th) is a day when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools.</p>		<p>SAMPLE - Subject: Orange Shirt Day: Honoring Survivors of Residential Schools As we approach Orange Shirt Day on September 30th, I want to invite our university community to join in commemorating and acknowledging the experiences of Indigenous peoples in Canada, particularly those who attended residential schools. Orange Shirt Day originated from the story of Phyllis Webstad, a survivor of the St. Joseph Mission Residential School, who had her new orange shirt taken away on her first day at the school. This day serves as a poignant reminder of the impacts of the residential</p>	

						<p>school system and the importance of acknowledging the resilience and strength of survivors.</p> <p>On Orange Shirt Day, we wear orange as a visible symbol of our commitment to reconciliation, remembrance, and respect. It is a day to reflect on the intergenerational trauma caused by the residential school system and to show support for survivors, their families, and Indigenous communities. Here are some ways you can participate:</p> <p>Wear Orange: Show your support by wearing an orange shirt on September 30th. This simple act is a powerful way to stand in solidarity with survivors and their families.</p> <p>Learn and Reflect: Take the time to educate yourself about the history and legacy of residential schools in Canada. Reflect on the impacts they have had on Indigenous peoples and the ongoing journey toward healing and reconciliation.</p> <p>Attend Events: Participate in Orange Shirt Day events organized by our university or local Indigenous communities. These events may include ceremonies, educational sessions, and opportunities for dialogue.</p> <p>Share Information: Spread awareness about Orange Shirt Day within our community. Share resources, articles, and information about the significance of this day with your colleagues, friends, and family.</p> <p>Support Indigenous Initiatives: Explore ways to support Indigenous initiatives and organizations that work towards healing, cultural revitalization, and education.</p> <p>As a community, let us use Orange Shirt Day as a moment for reflection, learning, and solidarity. By coming together, we contribute to the ongoing process of reconciliation and demonstrate our commitment to creating a more just and inclusive society.</p>	
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						Thank you for your participation and support.	
April 22 - April 30 2024	Passover	Jewish Holiday	Religious	Passover, also called Pesach, is a major Jewish holiday, one of the three pilgrimage festivals, that celebrates the Biblical story of the Israelites' escape from slavery in Egypt.[2] Pesach starts on the 15th day of the Hebrew month of Nisan which is considered the first month of the Hebrew year.	Date changes each year	<p>As we approach Passover, beginning this evening at sundown, we are reminded of the profound significance of this ancient festival in the Jewish tradition. Passover, or Pesach, is a time of remembrance, renewal, and celebration of freedom.</p> <p>As members of a diverse and inclusive university community, we recognize the importance of honoring and celebrating the rich tapestry of traditions that enrich our campus life. During this special time, let us extend our heartfelt wishes to our Jewish friends, colleagues, and neighbors, as they gather with their families to observe Passover.</p> <p>May this festival bring joy, peace, and spiritual fulfillment to all who celebrate.</p> <p>Wishing all a meaningful Passover.</p>	
JUNE	PRIDE MONTH			Gay pride or LGBT pride is the positive stance against discrimination and violence toward lesbian, gay, bisexual, and transgender (LGBT) people to promote their self-affirmation, dignity, equality rights, increase their visibility as a social group, build community, and celebrate sexual diversity and gender variance.		<p>EMAIL SENT IN JANUARY - To the campus community,</p> <p>I hope everyone had a wonderful break, taking full advantage of the downtime to relax and recharge. Today, we start the second semester of the 2022-23 academic year. Welcome back.</p> <p>While Pride Month officially takes place in June, our campus community celebrates Pride in January while most students, staff and faculty are on campus. Pride Month commemorates a civil rights movement and the ongoing fight for equity in the 2SLGBTQIA+ community. Pride is a time of celebration for our community, and that celebration can look different for different people. There is no "one way" to mark Pride</p>	

						<p>and that's one of the beautiful aspects of the celebration. Pride can mean having the courage to be authentic and live your truth, to find community, to be unique and unapologetically you, to show up and be visible when you feel safe to do so, to take time for self-discovery, to take time to not only celebrate yourself, but the people around you who you love, and to find family. Part of being Xaverian is creating a space where our differences are celebrated, and everyone is welcomed, respected, and valued. The 2SLGBTQIA+ community on campus is large and thriving. As a campus community, let's stand together against acts of homophobia, biphobia, and transphobia to create a sense of safety and belonging. The queer and trans community are known for resilience, and we will continue to educate each other and the extended community to ensure we can all flourish and be visible at StFX. We recognize that as a community we still have a way to go, but we know that we are stronger together. Again, welcome back to campus. Let's work hard, both inside and outside of the classroom, and be deliberate in the way we support one another. I look forward to seeing you around campus this semester.</p>	
March 10, 2024	Ramadan Beginning	Islam	Religious	Ramadan is the ninth month in the Islamic calendar. It is a period of prayer, fasting, charity-giving and self-accountability for Muslims in Canada. The first verses of the Koran were revealed to the Prophet Muhammad during the last third of Ramadan, making this an	Usually lasts a month / date changes	<p>SENT IN 2023 Ramadan Mubarak! As we approach this important month, we think about our Muslim students, faculty and staff, and community members who are observing. Ramadan is the ninth month of the Islamic Lunar calendar and its annual observance is one of the five pillars of Islam. Depending on the sighting of the crescent moon, Ramadan may begin on March 22nd and continues to April 20th this year. Muslims around the globe will abstain from eating or drinking from sunrise to sunset as a</p>	

				especially holy period. Can last 29-30 days		<p>way to better empathize and relate to those who are less fortunate. Fasting is understood to connect people closer to their faith and their communities. It is felt that fasting enhances ones patience, discipline and willpower while increasing their spirituality. Following Ramadan, the celebration of Eid al-Fitr marks the end of the fasting and is celebrated by friends greeting one another, exchange of gifts, wearing new clothes, and visiting the graves of relatives.</p> <p>This year, the exam period falls during Ramadan, and StFX has taken extra steps to ensure that observing students are supported. The prayer rooms in Mulroney Hall will be accessible at sunrise and sunset. Meal hall has reached out to Muslim students to support their dietary needs. The Diversity and Engagement Centre will be available to students breaking their fast (iftar) in the evening and wishing to connect with other students. Students who may need academic accommodations are encouraged to connect with their professors and their dean's office early.</p> <p>We wish our students a healthy Ramadan with great community. For those who do not observe, we hope you draw inspiration from the principles of the holiday; that of selflessness, humility, belonging, and community.</p> <p>Elizabeth Yeo Dr. Amanda Cockshutt Vice President, Student Services Academic Vice-President and Provost</p>	
October 3, 2024	Rosh HaShanah	Jewish Holiday	Religious	Many Jewish Canadians celebrate Rosh Hashana (or Rosh Hashanah), which is also known as the Jewish New Year. Rosh Hashana	* Date Changes, if policies do not already exist, add policies so Jewish students will not	<p>SENT IN 2023 Dear University Community,</p> <p>As we usher in the joyous celebration of Rosh HaShana, the Jewish New Year, we extend our warmest greetings to all our</p>	

				starts on the first day of Tishrei (or Tishri), which is the seventh month in the Jewish calendar, and may last for two days. It is sometimes called the Day of Remembrance or the Day of Blowing the Shofar.	receive penalties for missing class	<p>faculty, staff and students who observe this special occasion.</p> <p>Rosh HaShana is a time for reflection, renewal, and hope. It's a moment to come together with loved ones, and for those in our community observing, a time to engage in prayer and self-examination. We recognize the significance of this holiday and the importance of family and community during this period of introspection.</p> <p>We appreciate the diverse tapestry that is our university community and value the richness that each tradition and celebration brings. In the spirit of unity and understanding, we wish all our Jewish faculty, staff and students a Happy Rosh HaShana.</p> <p>May this New Year bring you and your loved ones an abundance of joy, success, and peace.</p> <p>Shanah Tovah Umetukah!</p>	
Friday's, sundown to Saturday's sundown	Shabbat			More than one community (primarily Judaism, but also some Christians such as Seventh Day Adventists) observes a Sabbath from Friday at sundown to Saturday at Sundown, during which they must rest.	Scheduling a class or exam during this time may result in excluding (or needing to make alternative arrangements for) Sabbath-observant individuals.	<p>SAMPLE - Subject: Shabbat Shalom: Embracing Peace and Rest</p> <p>As the sun sets and we prepare to welcome the sacred day of rest, I extend warm greetings to all members of our university community observing Shabbat. Shabbat is a time for reflection, renewal, and connection—with oneself, with others, and with the divine. It offers a respite from the demands of our busy lives, inviting us to pause, recharge, and find joy in the simple pleasures of community, family, and spiritual contemplation.</p>	

						<p>Whether you observe Shabbat through prayer, shared meals, or moments of quiet contemplation, may this day bring you a sense of peace, tranquility, and fulfillment. As a community that values diversity and inclusion, let us embrace the richness of traditions that make up the tapestry of our university life.</p> <p>If you are looking for ways to engage with Shabbat observances on campus or connect with others who share this tradition, keep an eye out for announcements from [relevant department or student organization]. We aim to create a supportive environment where everyone can feel a sense of belonging and celebration.</p> <p>As we enter this sacred time, let us be mindful of the significance of Shabbat and the opportunity it provides for reflection, gratitude, and community. If you have any specific needs or requests, please do not hesitate to reach out to [relevant contact or department].</p> <p>Wishing you a peaceful and joyous Shabbat. Shabbat Shalom,</p>	
November 20, 2024	Transgender Day of Remembrance	International Observance	observance	A day to memorialize those who have been murdered as a result of transphobia and to draw attention to the continued violence endured by the transgender community .		<p>SAMPLE - Subject: Transgender Day of Remembrance: Honoring Lives, Advocating for Change</p> <p>As we approach Transgender Day of Remembrance on November 20th, we stand together as a community to reflect, remember, and advocate for the rights and dignity of transgender individuals. This day serves as a poignant reminder of the violence and discrimination faced by transgender people around the world. Transgender Day of Remembrance honors the lives of those who have been lost to anti-transgender violence. It is a day to remember that every individual, regardless of their gender identity, deserves to live free</p>	

						<p>from fear, discrimination, and harm. Today, we mourn those who have lost their lives and acknowledge the pain and suffering experienced by transgender communities globally.</p> <p>It is crucial that we use this day not only for reflection but also as a catalyst for change.</p> <p>As a university community, we are committed to fostering an inclusive and supportive environment for everyone, regardless of their gender identity. We must actively work towards creating spaces that embrace diversity, celebrate individuality, and reject discrimination in all its forms.</p> <p>Here are a few ways you can contribute to creating a more inclusive community:</p> <p>Educate Yourself: Take the time to educate yourself about transgender issues, terminology, and the challenges faced by transgender individuals.</p> <p>Promote Inclusivity: Foster an inclusive atmosphere by respecting and affirming everyone's gender identity. Use inclusive language and be an ally to transgender individuals.</p> <p>Advocate for Change: Advocate for policies and practices that support transgender rights and equality. Be an active voice in promoting a campus culture that values diversity and inclusion.</p> <p>Support Organizations: Contribute to and support organizations that work towards transgender rights, awareness, and support.</p> <p>Engage in Conversations: Engage in open and respectful conversations about transgender issues. Promote understanding and empathy within our community.</p> <p>On this Transgender Day of Remembrance, let us come together to honor the lives lost, support those who continue to face adversity, and commit ourselves to creating a</p>	
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						campus environment that stands against discrimination and violence in all its forms.	
October 1, 2024	Treaty Day	National Observance	National	Treaty Day is celebrated by Nova Scotians annually on October 1 in recognition of the Treaties signed between the British Empire and the Mi'kmaq people. The first treaty was signed in 1725 after Father Rale's War. The final Halifax Treaties of 1760-61, marked the end of 75 years of regular warfare between the Mi'kmaq and the British (see the four French and Indian Wars as well as Father Rale's War and Father Le Loutre's War). The treaty making process of 1760-61, ended with the Halifax Treaties (1760-1761).		<p>SAMPLE - Subject: Acknowledging Treaty Day: A Moment of Reflection and Respect</p> <p>As we observe Treaty Day, we come together to acknowledge the rich history, cultures, and contributions of Indigenous peoples. This day serves as a reminder of the treaties that have shaped the relationship between Indigenous and non-Indigenous communities, laying the foundation for understanding, respect, and reconciliation. Treaty Day is an opportunity for reflection on the historical agreements that have played a crucial role in shaping the land we now share. It is also a time to recognize and honor the enduring resilience, traditions, and wisdom of Indigenous peoples. As a university community, we are committed to fostering an environment that values diversity, inclusivity, and the principles of reconciliation.</p> <p>I encourage each of us to take a moment to learn more about the treaties relevant to our region, such as the treaties of peace and friendship with the Mi'kmaq, to engage in conversations that promote understanding, and to actively support initiatives that contribute to the well-being and empowerment of Indigenous communities. (share information on events or activities happening on campus or in the community related to Treaty Day). It's an excellent opportunity to participate, learn, and show solidarity.</p> <p>Let us use this day to deepen our understanding of the histories that have shaped our nation and to strengthen our commitment to building respectful relationships with Indigenous communities.</p>	

						<p>If you have any questions or wish to contribute to initiatives related to Indigenous awareness, please reach out to Terena Francis at tfrancis@stfx.ca Acknowledging Treaty Day with respect and reflection,</p>	
April 13, 2024	Vaisakhi	Sikhism	Religious	<p>Vaisakhi is one of the most important dates in the Sikh calendar. Vaisakhi is a spring festival which happens on the 13 or 14 April every year. It is a day to celebrate 1699 - the year when Sikhism was born as a collective faith</p>		<p>SAMPLE - Subject: Celebrating Vaisakhi: A Message of Joy and Unity As the vibrant festival of Vaisakhi approaches, we extend warm wishes to all members of our diverse community who celebrate this joyous occasion. Vaisakhi, also known as Baisakhi, holds immense cultural and religious significance for the Sikh community and marks the beginning of the Sikh New Year. This festival not only commemorates the formation of the Khalsa Panth in 1699 but also serves as a time to celebrate the arrival of spring, the harvest season, and the spirit of unity and community. In the spirit of Vaisakhi, let us come together as a community to embrace diversity and foster understanding among all members of our university family. May this occasion remind us of the values of compassion, selflessness, and community service that lie at the heart of Sikh traditions. May this Vaisakhi bring prosperity, happiness, and fulfillment to you and your loved ones. Wishing you all a joyous and meaningful celebration.</p>	
October 10, 2024	World Mental Health Day	United Nations Observance	UN International Observance	<p>World Mental Health Day, which is supported by the United Nations (UN), is annually held on October 10 to raise public awareness about mental health issues worldwide. This event promotes open discussions on illnesses, as well as</p>		<p>SAMPLE - Subject: Embracing Mental Well-Being on World Mental Health Day As we observe World Mental Health Day on [Date], I would like to take a moment to reflect on the importance of mental well-being within our university community. In a world that constantly challenges us with various demands, it is crucial to recognize and prioritize mental health as an integral</p>	

				<p>investments in prevention and treatment services.</p>	<p>aspect of our overall well-being.</p> <p>This year's theme, [Theme of World Mental Health Day], encourages us to [highlight a specific aspect or action related to the theme]. As we come together as a community, let us strive to foster an environment that supports open conversations, understanding, and empathy regarding mental health.</p> <p>College life, with its academic pressures, social dynamics, and personal transitions, can be both exciting and overwhelming. It is essential for each of us to be aware of our mental health and to actively seek support when needed. Remember, seeking help is a sign of strength, and our university community is here to provide the necessary resources and support for all students, faculty, and staff.</p> <p>Here are a few ways we can contribute to a mentally healthy environment:</p> <p>Open Dialogue: Encourage open conversations about mental health to reduce stigma and create a supportive atmosphere.</p> <p>Resources: Familiarize yourself with the mental health resources available on campus, including counseling services, support groups, and workshops.</p> <p>Self-Care: Prioritize self-care and encourage others to do the same. Taking breaks, getting enough sleep, and engaging in activities that bring joy are essential for overall well-being.</p> <p>Inclusivity: Promote an inclusive and compassionate community that embraces diversity and acknowledges the unique mental health challenges faced by individuals.</p> <p>Awareness: Stay informed about mental health issues and events. Participate in activities organized on campus to raise awareness and promote mental health</p>	
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						<p>education.</p> <p>On this World Mental Health Day, let us reaffirm our commitment to creating an environment that prioritizes mental health, supports one another, and fosters a culture of well-being. Together, we can make a positive impact on the lives of our university community members.</p> <p>If you or someone you know is struggling, please reach out to [University Counseling Center/Support Services] or [Emergency Hotline]. Let us stand united in promoting mental health and well-being.</p> <p>Wishing you all a mentally healthy and fulfilling academic year.</p>	
October 12, 2024	Yom Kippur	Jewish Holiday	Religious	<p>Yom Kippur is a Jewish holiday known as the Day of Atonement. Many Canadians of Jewish faith in Canada spend the day fasting and praying. Its theme centers on atonement and repentance. Yom Kippur is on the 10th day of the month of Tishrei (or Tishri) in the Jewish calendar.</p>	<p>* Date Changes, if policies do not already exist, add policies so Jewish students will not receive penalties for missing class</p>	<p>SAMPLE - Subject: Reflection and Wishes for Yom Kippur</p> <p>As the solemn and reflective occasion of Yom Kippur approaches, I extend my heartfelt wishes to all members of our university community observing this holiest day in the Jewish calendar.</p> <p>Yom Kippur, the Day of Atonement, is a time for introspection, repentance, and seeking forgiveness. It provides an opportunity for spiritual reflection, personal growth, and reconciliation. As we come together as a diverse community, let us take a moment to acknowledge the significance of this day and the values it represents.</p> <p>In the spirit of Yom Kippur, I encourage each of us to engage in self-reflection, to consider our actions and relationships, and to embrace the opportunity for renewal and forgiveness. May this day inspire compassion, understanding, and a commitment to making amends where needed.</p> <p>For those fasting during this period, may your fast be meaningful and bring you a</p>	

						<p>sense of spiritual closeness. To those engaged in prayer and introspection, may you find solace and connection with the divine.</p> <p>As a university community, let us foster an environment of respect, understanding, and support for one another's religious observances. If you have any specific needs or require accommodations during this time, please reach out to [relevant department or contact].</p> <p>Wishing you a meaningful and reflective Yom Kippur. May this day bring peace, forgiveness, and a renewed sense of purpose to you and your loved ones.</p> <p>G'mar Chatimah Tovah (May you be sealed in the Book of Life),</p>	
March 21, 2024	International Day for the Elimination of Racial Discrimination					<p>SENT IN 2023 To the StFX Community,</p> <p>March 21 is the International Day for the Elimination of Racial Discrimination. It was established by the United Nations to recognize the anniversary of the Sharpeville Massacre, where 69 peaceful Black protesters were killed by police while attending an anti-apartheid demonstration. The International Day for the Elimination of Racial Discrimination is observed every March 21st to bring the global community together to increase efforts in the elimination of all forms of racial discrimination and racism.</p> <p>StFX recognizes that hatred and discrimination, including racism, exists within our communities and that all acts of racism, from microaggressions to acts of physical violence, are harmful and intolerable. At StFX, we aspire to provide an environment of belonging for all of its members. Our work begins in the classroom and in our communities to understand the forces that</p>	

					<p>have led us to this point. It is our collective and individual responsibility to stand up to racism, to identify it, to speak out against it - to have zero tolerance.</p> <p>We acknowledge that we must work harder to dismantle systems of discrimination in our own institution and are committed to engaging in the lifetime practice of self-awareness, continuing education, relationship-building, and anti-racist and anti-black racist practice.</p> <p>Consider what you can do to fight racism every day.</p> <p>StFX Links for Learning</p> <p>http://www2.mystfx.ca/equity/anti-racism/educational-resources</p> <p>stfx.libguides.com/antiracism</p> <p>Take Action Everyday</p> <p>How to Fight Racism Using Science, The Observer, January 26, 2020</p> <p>Research says there are ways to reduce racial bias. Calling people racist isn't one of them, Vox, July 30, 2018</p> <p>10 Ways to Fight Hate: A Community Response Guide, Southern Poverty Law Center, August 14, 2017</p> <p>8 Everyday Ways to Fight Racism, National Network to End Domestic Violence, March 21, 2017</p> <p>How to Stop the Racist in You, Greater Good Magazine, July 27, 2016</p> <p>10 Simple Ways White People Can Step Up to Fight Everyday Racism, Mic, September 4, 2014</p> <p>Take Action Against Racism, Carleton University</p>	
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