

# BLACK HISTORY MONTH FEBRUARY 2022 BLACK HEALTH & WELLNESS



Hillsborough County  
PUBLIC SCHOOLS  
Preparing Students for Life

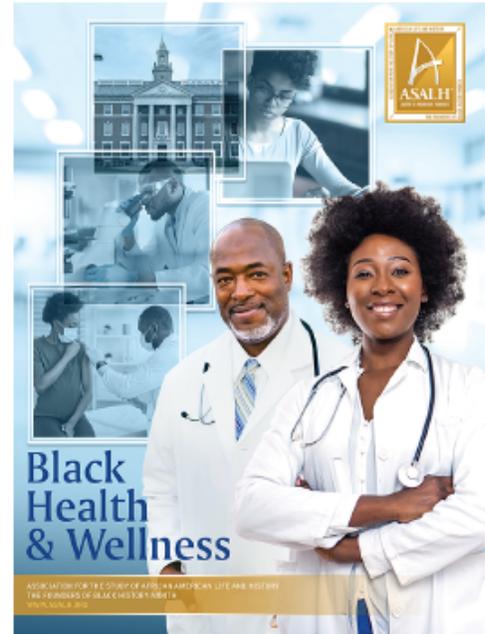


## 2022 Black History Theme Executive Summary

### Black Health and Wellness

The theme for 2022 focuses on the importance of Black Health and Wellness. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

In order to foster good health and wellness Black people have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools (i.e. Meharry Medical College, Howard University College of Medicine, Provident Hospital and Training School, Morehouse School of Medicine, etc.) and community clinics. Clinics were established by individuals, grassroots organizations and mutual aid societies, such as the African Union Society, National Association of Colored Women and Black Panther Party, to provide spaces for Black people to counter the economic and health disparities and discrimination that are found at mainstream institutions. These disparities and anti-Blackness led to communities developing phrases such as “When white folks catch a cold, Black folks get pneumonia.” Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs including such as the Ronald E. McNair Scholars. Even the impact of popular culture texts like *Doc McStuffins* cannot be dismissed.



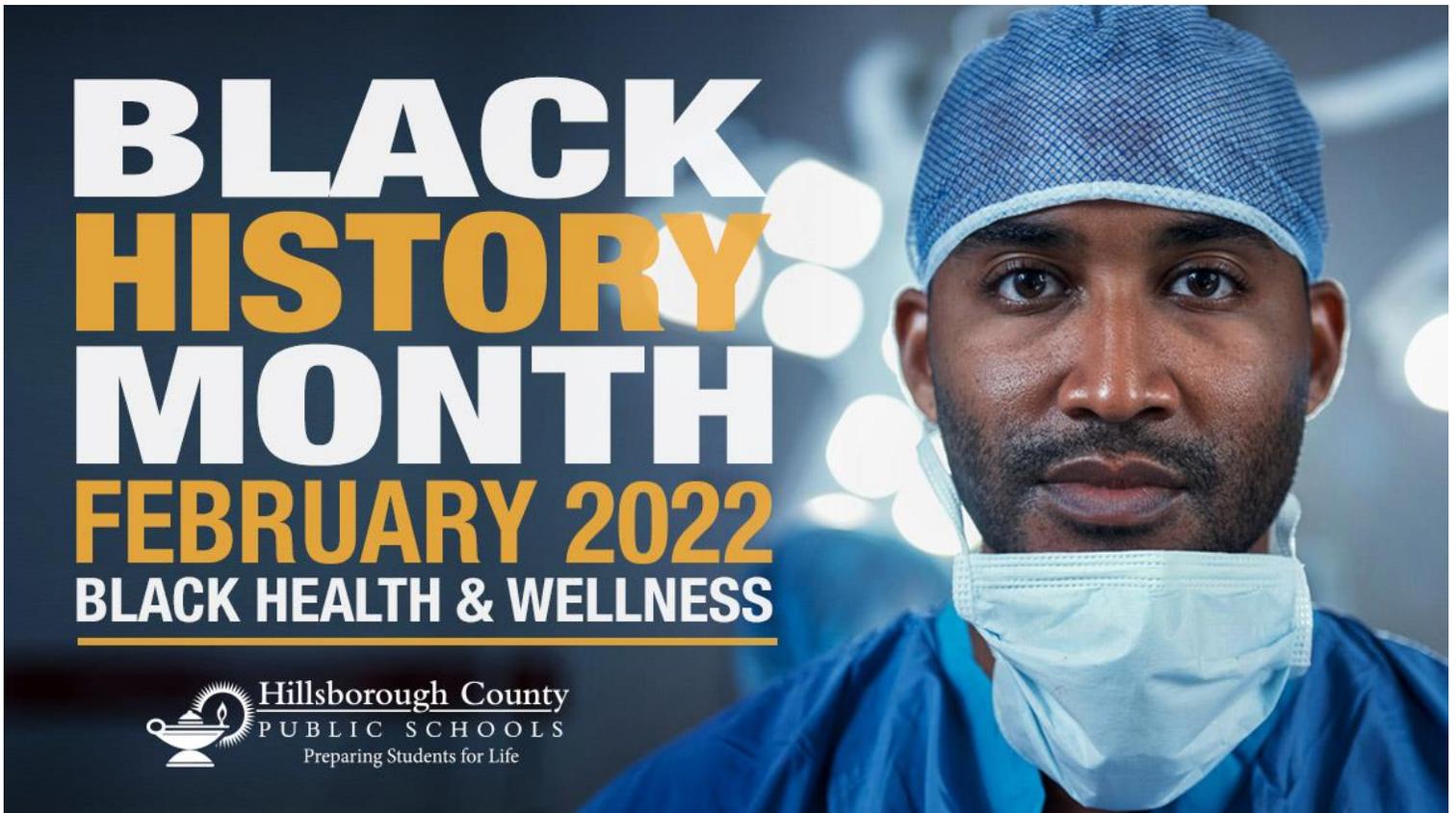
The rise of fields, such as Public and Community Health and Health Informatics have led to a rise in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options such as veganism and vegetarianism, and gardening. Black Health and Wellness not only includes one’s physical body, but also emotional and mental health. At this point in the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. Social media and podcasts, such as *The Read*, hosted by Crissle and Kid Fury have normalized talking about mental health and going to therapy as well as initiatives such as Therapy for Black Girls. More of us understand the need to hold down, lift up, center, and fight fiercely for our beloved trans siblings and family. Black girls are doing breathwork, and there are whole yoga studios dedicated to people of color.

Mindful of Sister Audre Lorde’s words, we are doing more to move forward holistically for the betterment of ourselves, our bodies, our relationships, our communities, and our planet.

We are determined to create a platform that shines a light on the multiple facets of Black health and wellness through education and activism. There is much to uncover, amplify, question, and correct.

In the still overhanging shadow of the COVID-19 pandemic, Black people should and do use data and other information-sharing modalities to document, decry, and agitate against the interconnected, intersecting inequalities intentionally baked into systems and structures in the U.S. for no other reason than to curtail, circumscribe, and destroy Black well-being in all forms and Black lives. Moreover, Black communities must look to the past to provide the light for our future, by embracing the rituals, traditions and healing modalities of our ancestors. These ways of knowing require a decolonization of thought and practice.

# *Celebrating Black History Month*



Hillsborough County Public Schools will honor and recognize Black History Month from February 1 – February 28, 2022. With over 46,000 students in our district identifying as Black/African-American, our district believes that the cultures of all students and their families are important. As Black History Month is a time to honor the accomplishments, legacies, and impact of Black people throughout history, it is also a time to cherish the Black culture and leaders of today.

This month, we give tribute to African Americans who have made major positive contributions to our local community, the state, nation and the world. We value the attributes & wisdom of our African American students, families & community and look forward to making history come alive through school activities, at-home learning resources, recognitions and celebrations.

Below are several resources that support the celebration of Black History, in February & beyond!

# Schools, Families, Community and District Offices



## Black History Month - FACE Calendar of Events (Schools, Families, Community and District Offices)

### Spotlighting Black Health and Wellness – Week 1

Families, students, educators and the community can join our Power Hour Webinar Series, facilitated by the Family & Community Engagement (FACE) Department, and a *team of expert panelists*, on the journey to spotlighting Black Health and Wellness, within Hillsborough County, Florida

#### *Mental Health Barriers in Communities of Color*

February 1, 2022 – 6:00 PM

**Description:**

Mental health is an essential part of the overall physical health and satisfaction. The Black community suffers from an increased rate of mental health concerns, including anxiety and depression. In this session, we will discuss the research, barriers, and treatment associated with mental health.

Register here: <https://bit.ly/3JLLIhs>

### Spotlighting Black Health and Wellness – Week 2

Families, students, educators and the community can join our Power Hour Webinar Series, facilitated by the Family & Community Engagement (FACE) Department, and a *team of expert panelists*, on the journey to spotlighting Black Health and Wellness, within Hillsborough County, Florida

#### *Clara Frye Hospital – Tampa’s 1<sup>st</sup> Hospital for Blacks*

February 8, 2022 – 6:00 PM

**Description:**

In this session, we will discuss the history and evolution of health care facilities and learn the legacy of how Clara Frye, a nurse, opened a hospital in Tampa, Florida, to treat Black patients.

Register here: <https://bit.ly/3q2tzV3>

### Spotlighting Black Health and Wellness – Week 3

Families, students, educators and the community can join our Power Hour Webinar Series, facilitated by the Family & Community Engagement (FACE) Department, and a *team of expert panelists*, on the journey to spotlighting Black Health and Wellness, within Hillsborough County, Florida

#### *Health Disparities Amongst African Americans*

February 15, 2022 – 6:00 PM

**Description:**

In this session, we will discuss the challenges of a better health status, life expectancies at birth & why Blacks have a generally higher rate of dying from heart disease, stroke, cancer, asthma, influenza, pneumonia, diabetes and HIV/AIDS.

Register here: <https://bit.ly/3JFplou>

## Spotlighting Black Health and Wellness – Week 4

Families, students, educators and the community can join our **Power Hour Webinar Series**, facilitated by the Family & Community Engagement (FACE) Department, and a *team of expert panelists*, on the journey to spotlighting Black Health and Wellness, within Hillsborough County, Florida

### *African Americans: Weight, Diet, and Physical Activity A Cultural Perspective*

February 22, 2022 – 6:00 PM

#### **Description:**

The growing epidemic of obesity has led to an increased focus on strategies for prevention. In this session we will discuss how the lifestyle behaviors of African Americans are responses to historical, social and cultural forces affecting personal health beliefs, attitudes, and perceptions and what factors should be considered in the development of healthy-weight interventions.

Register here <https://bit.ly/3t1WiuU>

During the month of February, Hillsborough County Public Schools will make literacy a significant part of **Black History Month** by hosting a district-wide **African American Read-In (AARI)**. The **National African American Read-In (AARI)** is a groundbreaking effort to encourage communities to read together, centering African American books and authors.

Welcome to the [HCPS African American Read-In Resource](#) provided by the District's FACE Department/Volunteer Services. This resource consists of materials for schools that plan to host an in-person read-in or virtual read-in. Links for engaging virtual read aloud of books or poetry written by African American authors or about the African American experience are available.

**District Leadership Read Aloud** - YouTube videos will be shared for students to enjoy recorded "read alouds" by *School Board Members and HCPS District Leaders* during the month of February.

**YouTube Link:** [AARI District Leadership Read Aloud](#)

**City of Tampa Day (Tuesday, February 22)** - Join us for live readings by *Mayor Jane Castor* for Elementary, Middle and High Schools (via TEAMS), moderated by the District's FACE Department. There are also recorded presentations by City of Tampa employees for schools to enjoy throughout the month.

**Link:** [Mayor's Live Readings Date/Times](#)

**Link:** [City of Tampa Virtual library](#)

**Notable Readings** – *Titus O'Neil* has also provided a recorded presentation for schools to enjoy throughout the month. Review opportunities and view the presentations to determine if they are appropriate for your class/age group and plan to share the presentations with students during the month of February.

**Link:** ["There's No Such Thing as a Bad Kid" read by Author, Philanthropist & WWE Wrestler Titus O'Neil](#)

**Additional Links and Resources** - Various links available from authors and community members, summary of books, and films. Review opportunities, click on the link to view the presentation to determine if appropriate for your class/age group, and plan to share presentation with students. Available during the entire month of February!

**Link:** [African American Read-In District Resources](#)

**District (AARI) PowerPoint** - Resource tool for schools who plan to host an in-person or virtual AARI

**Link to - [District AARI PowerPoint](#)**

**National AARI - African American Read-In resources and toolkit**

**Link to - [National AARI](#)**

## Renaissance myON - 2022 African American Digital Read-In

### Hillsborough County – THE CHALLENGE

Hillsborough County Public Schools is hosting a special reading challenge designed to celebrate the contributions and history of African Americans.

Curated lists of age-appropriate myON titles are available. All students are encouraged to participate by reading as many books as they can during the month of February!

Time spent reading will be recorded automatically within the myON platform.

*If students are reading offline, they should be sure to log back into myON with the WiFi before February 28 so their reading activity is included in their school's total minutes read.*

### **SCHOOL WINNERS IN EACH REGIONAL AREA**

The schools in each of the regional areas with the highest average minutes read on myON during February will be recognized with a school banner and a set of incentives for internal recognition.

**Winners Will Be Announced the Week of March 7, 2022!**

<https://renaissance.widen.net/s/jdgtllbkv5/523649-black-history-digital-read-in-flyer-hb> [Spanish flyer](#)

### **Black History Book of the Day Calendar**

Visit <https://renaissance.widen.net/s/lsklcnkzbn/523649-black-history-digital-calendar-hb> to access the Book of the Day Calendar.

### **Curated Books & Projects PK-12**

Suggested book lists have been developed for each grade band.

Grades 6-12

<https://renaissance.widen.net/s/tmfjljkzp/523649-black-history-digital-list-6-above-hb>

Grades 3-5

<https://renaissance.widen.net/s/qpwszld5cg/523649-black-history-digital-list-3-5-hb>

Grades PreK-2

<https://renaissance.widen.net/s/j2slpvt8lm/523649-black-history-digital-list-pre-k-2-hb>

Teachers and media specialists may also download and assign projects in myON. In the myON project cloud, search “2022blackhistorymonth” and copy the project. Below are links to step-by-step instructions on how to download projects and assign them to students in myON.

[How to Copy a Project from the Cloud](#)

[How to Assign Projects](#)

Website:

<https://hillsborough.renaissance.com/2022-african-american-read-in>

## Black History Month Door Displays

Let's raise the bar for classroom door decorations in celebration of Black History Month, with artistic student displays. Not only can decorated doors aim to celebrate inspirational black heroes who have made history, but they can also empower students and jumpstart dialogue.

Here are a few Black History month classroom door ideas/themes:

Be Brave Like Ruby (Ruby Bridges). Don't Forget the Crown (Phenomenal Woman/Maya Angelo). Wakanda Forever. They Left Their Stamp on the World-Will You? Getting to the Heart of Black History. Black Wall of Excellence. This is Us. Hidden Figures. Strength of Our Roots. Where Will You End Up in History? Blast from the Past. Make Your Dream a Reality. Who Am I (Inventors)? Words Have Power. From Struggle Comes Strength. Our Freedom Quilt. Who Invented It? HER story and HIS story...And more!

Let's allow our learner's creativity to shine!

## 12 Black American Pioneers Who Changed Healthcare | Everyday Health

In honor of Black History Month, Everyday Health recognizes the achievements of 12 trailblazers in health sciences and wellness. These pioneering men and women helped change the course of healthcare and race relations in the United States. They invented first-of-their-kind medical devices, developed innovative surgical procedures, paved the way for improved patient access to quality care, and raised awareness about quality-of-life issues.

Their legacies live on in hospitals and clinics, doctors' offices, schools, universities, and research laboratories. As we amplify Black History in the context of a global pandemic, it is paramount that we celebrate Black pioneers who have made contributions in the health space and cleared the path for others to follow.

These clinicians, researchers, and advocates championed and advanced medicine in our country and beyond.

Please see a brief video here: [12 Black American Pioneers Who Changed Healthcare | Everyday Health](#)

## Black History – Student Art & Essay Contests

Countless contributions of African Americans continue to shape our communities. During Black History Month, schools can recognize and celebrate our champions of service who have made our communities stronger and better through art and essay contests. These could also be inclusive of African American educators within our schools who go above-and-beyond to serve our learners.

Schools are encouraged to establish site-based academic and creative contests around our HCPS Community Champions!

## Black History – Spotlight of the Day (Student News Show)

As we celebrate Black History Month, schools can honor African American innovators and influential individuals, by spotlighting them on the student news show. This is an incredible opportunity for the entire school community to learn "together" about the many influential African Americans and the impact they have made our community and our state.

## National Museum of African American History and Culture (A People's Journey, A Nation's Story)

### EDUCATIONAL RESOURCES – INTERPRETING THE AFRICAN AMERICAN STORY:

The Teaching and Learning Team at the NMAAHC offers a variety of resources to help educators engage their students in African American history. The educational resources are designed to:

- Interpret African American history through multiple lenses
- Highlight collection objects and primary source documents related to African American history and culture
- Facilitate conversation around the nuanced history of African Americans

For more information: [Resources | National Museum of African American History and Culture \(si.edu\)](#)

### AFRICAN AMERICAN LEARNING LABS:

The NMAAHC also offers a museum experience at home. The Smithsonian Learning Lab is a FREE, interactive platform for learners and educators. Users can explore moments of history through millions of authentic, digital resources, create content with online tools and share in the Smithsonian's expansive community of knowledge and learning.

Visit here to view this resource that tells American history through the African American lens!

[National Museum of African American History and Culture - Group - sll \(si.edu\)](#)

### AFRICAN AMERICAN READING RESOURCES:

Created for 3<sup>rd</sup> – 12<sup>th</sup> grade learners and educators, book selections, comprised of non-fiction and fiction, are curated to provide enrichment about African American history and culture based on permanent and temporary exhibitions within the National Museum of African American History and Culture.

Related book lists include:

- The History Galleries
- The Community Galleries
- The Culture Galleries

For more information: [Reading Resources | National Museum of African American History and Culture \(si.edu\)](#)

## Florida's African American Museums

From great leaders to everyday heroes, African-Americans are an integral part of the history and development of Florida. Discover these Florida museums that highlight and preserve their contributions and celebrate African-American culture.

[South Florida African American Museums](#)

[Central Florida African American Museums](#)

[North Florida African American Museums](#)

### Florida Memory State Library – Black History Online Classroom

Florida Memory is the home of the State Archives of Florida. This resource houses photographs, videos, and audio clips and offers collections of valuable documents that enhance the teaching of Florida history. Florida Memory has a feature dedicated to Black History Month that provides classroom resources including lesson plans and complete educational units.

This wonderful resource can be accessed at [Florida Memory • Resources for Black History Month](#)

### Black History Month Resources for Students & Families

As we celebrate Black History Month throughout our district, we would also like to share at-home resources for students, families, and our community. Please click the links below, for a variety of activities all can use for February and beyond.

#### Family and Educator Resources

[2022 Black History Health and Wellness \(office.com\)](#)

#### Microsoft Virtual Events for K-12 Students

Please see here for details and registration:

[Sway \(office.com\)](#)

#### Black Health & Wellness Virtual Festival & Programming (Association for the Study of African American Life and History)

Stay connected and register here:

[Black History Month Virtual Festival – ASALH – The Founders of Black History Month](#)

# District Offices



## Black History Month - FACE Calendar of Events (District Offices)

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Let's allow our creativity to shine!

**Judging will take place by members of the Hillsborough County African American Task Force (HCAATF)**

### Celebrating African American Achievements

#### Raymond O. Shelton School Administrative Center (ROSSAC) Lobby Display

As our district highlights Black History Month, we plan to showcase artwork celebrating African American Achievements in the ROSSAC Lobby during the month of February.

The exhibition includes a display of artwork created by student artists enrolled in Hillsborough County Public Schools. The artwork shows creative expressions and artistic styles inspired by African American artists such as Alma Thomas, Ashley Bryan, Faith Ringgold, and Jean-Michel Basquiat. (The range of visual art created also draws upon the cultural traditions in Africa and other parts of the world while celebrating African American heroes here in the United States.

Keep your eyes open for this creative, innovative and striking work provided by our learners!

### Southern Cuisine – Food Truck Day (at ROSSAC)

To help us celebrate Black History Month, we will have Soul Food Truck Day during the month of February. We are delighted to have **Mr. B's** meals (available for purchase) for our district staff and those visiting the district office, on Tuesday, February 22, 2022.

Please check out the menus in advance from Mr. B's:

[Mr. B's Cafe Southern Cuisine menu - Tampa FL 33603 - \(813\) 212-8439 \(allmenus.com\)](#)

## Black History West of Central Avenue Walking Tour

February 17<sup>th</sup>

10:00 am to 12:00pm

On February 17<sup>th</sup> HCPS- FACE department invites you to embark on a Black History walking tour. The tour will be led by Mr. Fred Hearn, Tampa Bay History Center Curator of Black History.

### Tour Description:

The West of Central Avenue Walking tour will be a three-block, two-hour adventure that takes visitors from the Historic St. Paul African Methodist Episcopal Church (visited by President Bill Clinton, Jackie Robinson, Rosa Park and others) to the following sites:

- The first school for black students in Hillsborough County (School No. 2, Harlem Academy)
- The oldest public burial ground in Tampa (where enslaved Africans now rest)
- The place that developed the black middle class in this city (Longshoremen)
- The site where “The Genius” Ray Charles made his first record, and
- The former insurance office building where Dr. Mary McLeod Bethune (Bethune-Cookman University) and George S. Middleton (G.S. Middleton High School) worked side by side

### Meeting location:

Kid Mason Recreation Center - [1101 N Jefferson St, Tampa, FL 33602](#)

Alternate location for challenging weather conditions: Robert Saunders Library

### Please register here:

<https://forms.office.com/r/Q7EZspADEQ>

### Participant capacity:

35

### Contact Person:

Jessica De La Prida  
Coordinator, Hispanic & Multicultural Outreach  
[Jessica.Delaprida@hcps.net](mailto:Jessica.Delaprida@hcps.net) / 813-272-4428

# HCPS 2022 BLACK HISTORY MONTH

BLACK HEALTH AND WELLNESS



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