

VOLUME 1 • NOVEMBER 2020

# THE MAC

BISHOP BLANCHET'S MULTICULTURAL AFFAIRS COUNCIL NEWSLETTER



## MAC Parent Resource Guide

[Click here](#)



Our quarterly newsletter centers on the Multicultural Affairs Council's mission to make all members of the Bishop Blanchet community feel welcome, celebrated, and safe, with a focus on students and families of color.

## FALL VIRTUAL PARENT NIGHT

OCTOBER 29, 2020

The MAC hosted its first-ever virtual parent night on October 29th. The evening gave parents a chance to get to know one another through small breakout groups, plus learn about resources to support their BIPOC students (click on the guide to your left!). The highlight of the evening was a parent panel with BBHS parents and Board of Directors members Yvette Moy and Rahel Schwartz. Both panelists shared advice and fielded questions from the participants. To share questions or topic ideas for our **Winter Virtual Parent Night**, please click [here!](#)

# Diversity, Equity & Inclusion in the Zoom room

## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

### LEGACY COUNCIL NEWS

Bishop Blanchet celebrated Indigenous Peoples Day on Oct. 12, and looks forward to celebrating Native American Heritage Week, Nov. 16-20 with trivia, art, food, and reflection. For your Thanksgiving table, the Legacy Council recommends [these placemats](#) from the Duwamish Tribe.



Tulalip News

## UPSTANDERS POSTER CONTEST

### COMMUNITY PERIOD ACTIVITY

On October 1, students learned about the Catholic Social Teaching on Solidarity by watching and creating posters for episodes from Starbuck's Upstanders Series. The winning CPs chose to donate their prizes to two local homeless shelters, St. Martin de Porres and Mary's Place.

**Break THE SCHOOL TO PRISON PIPELINE**

Panel Discussion on the Importance of School Climate  
Monday, November 19, 2019  
West Village Commons, Ballroom C  
For more information visit [www.bshs.edu/2019/11/19](#)

"In California, about 65 percent of former prisoners are reincarcerated within three years, according to a 2012 report by the state's department of correction. Last year, the recidivism rate of the women Burton took in was just 13 percent."

Formerly incarcerated people of color face the greatest educational disadvantages

Group	High School Diploma or GED	College Degree
White	~15%	~15%
Black	~10%	~10%
Hispanic	~10%	~10%
Asian	~10%	~10%
Other	~10%	~10%

PRISON

**The Kids Who Killed An Incinerator**

"Why are all of these polluting industries in Curtis Bay?" she says. "The reality is because we're poor. It's because we're viewed as invisible."

**YOUTH TO POWER**  
YOUR VOICE AND HOW TO USE IT  
JAMIE MARGOLIN  
DIRECTOR OF COMMUNITY ENGAGEMENT

**Employing The Full Spectrum**

"Everyone has a capability to contribute," he says. "Andrew needed more help than others, but in the right spot, Andrew could do a job."  
- John owner of Riptide Car Wash

Autistic

Category	Percentage
Employed full time	~10%
Employed part time	~10%
Unemployed	~80%

**NETFLIX**

**ATYPICAL**

**Homes For Everyone**

Learn more about homelessness in Seattle here: <https://seattlehomeless.org>

"We have not solved overall homelessness; it's not the end, it's just the beginning"- Lloyd Pendleton

EXHIBIT 1.1: PIT Estimates of People Experiencing Homelessness By Sheltered Status, 2007-2018. PIT - point in time



## COOKING WITH KIRA

IN THE MOOD TO TRY A NEW RECIPE?  
JUNIOR KIRA BIFONE HAS YOU COVERED  
WITH HER FAVORITE **ASIAN STIR-FRY**

1. The first thing I do is prepare my ingredients, I recommend using day old rice but if you don't have that you're going to want to cook some rice ahead of time. Then get out your soy sauce (or Tamari), sesame oil, green onions and ginger.
2. Then, cook your protein and set it aside, you will add this later once everything is cooked.
3. Now, add 1Tbsp of sesame oil, chopped green onions, and finely chopped ginger to your pan and cook for about 5 minutes and stir occasionally.
4. Then add your rice, and vegetable or fruit (other than spinach) if you want to, you can add more soy sauce, that is optional. Cook for about 10 minutes and stir occasionally.
5. This will be where you add spinach.
6. Now add your protein and heat until everything is warm and combined.
7. Now serve! Feel free to add some green onions for garnish!

### Optional Additions:

- Protein (Tofu \*I pan fry with sesame oil and soy sauce, egg, or meat of choice).
- Mixed vegetables (Bok choy, broccoli, peas, carrots, spinach, kale, mushrooms, or peppers).
- To make it sweet (pineapple or mango),
- To make it spicy (add sriracha, or hot sauce of choice)

## Ingredients

- 2 Cups cooked rice
- 2-3 chopped green onions
- 1 tsp finely chopped ginger
- 1-2 Tbsp Soy Sauce or Tamari
- 1 Tbsp Sesame oil

What's your favorite

# Comfort Food?

click [here](#) to answer

# Read. Watch. Listen.

## RECOMMENDATIONS FROM MAC MEMBERS



### MS. FABIAN RECOMMENDS

## HOW TO BE AN ANTI-RACIST

BOOK BY IBRAM KENDI

"The book is opening my eyes to the history of racism and how deeply rooted it is in our country."



### CHRISTINE CAINGLET '23 RECOMMENDS

## HAIR LOVE

SHORT FILM FROM SONY PICTURES

"Hair Love is an endearing short film and I recommend it highly. You can find it on [YouTube](#)."



### SEÑOR GAMEZ RECOMMENDS

## LATINO USA

PODCAST BY FUTURO MEDIA

"I love Latino USA! It's informative, it's eye opening, it makes you tear up, and it makes you feel good."

Click [here](#) for more recommendations