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 <u>BIPOC</u> 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 <u>here!</u>

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

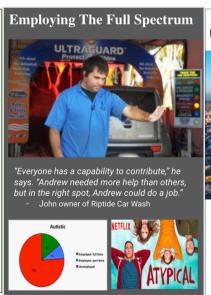
UPSTANDERS POSTER CONTEST

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.









Lloyd Pendleton



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 rice2-3 chopped green onions1 tsp finely chopped ginger1-2 Tbsp Soy Sauce or Tamari1 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 <u>here</u> for more recommendations