Founder’s Message

2016 marks the 30th year of the continuous publication of this Newsletter! Our original intention in 1986 was to provide educators with information, ideas and resources to support teaching peace. We also wanted to provide inspiration for all readers to understand how important their individual peacemaking efforts are, no matter how small they seem to be. We have also been so encouraged over these 30 years by comments from many readers regarding the positive effect of our Newsletter on their personal lives that we are still providing the same features that are most timely and relevant.

Currently our world is in chaos on every continent, plagued by unspeakable acts of savage brutality and war; threatened with nuclear war by unstable, irrational governments; alerted to the consequences of global warming; challenged by the human tragedy of millions of immigrants fleeing from tyranny and in need of mercy and acceptance by stable countries.

Not to worry, 2016 can be the beginning of a turning point for all humankind IF everyone understands that the very survival of our planet as an equitable and peaceful home for all is at stake and immediate action by all of us is crucial.

To guide our actions, the United Nations has established Sustainable Development Goals 2016-2030. There are 17 goals, and each one is essential for improving human and environmental conditions on Earth, our planet home. Without our commitment today and every day, to leaving our children, grandchildren and great grandchildren a legacy of a sustainable, breathable, just, equitable and peaceful environment, future generations will have a greatly diminished lifetime. See page 2 for full details.

Since the Sustainable Development Goals (SDGs) are just being introduced to the world this month, average citizens may not yet know about them. So the most important mission for all of our readers is to make a concerted long term commitment to spreading the information about the SDGs with emphasis on how important it is for each person to be involved in some way for the entire 15 year duration...future human existence depends on all of us. Each of our Curriculum of Hope committee members is involved in this process right now. We have accepted the challenge to step up, talk up and present full information to individuals, groups of friends and organizations to encourage everyone to be alert to advancing some aspect (s) of a goal or goals they wish to work on. Once individuals know what these goals are, they will realize that there are many actions that can be taken on a daily basis enabling us all to be a part of changing our world for the betterment of everyone.

Another equally important issue needing our immediate attention is maintaining our personal inner peace. Inhabitants of countries that are generally peaceful have been rocked to their core by acts of violence perpetrated in everyday safe places; schools, malls, theaters, planes, houses of worship, workplaces and public events. There is no longer the luxury anywhere on Earth of feeling removed from and protected from violence. Many of us are shaken and depressed by daily news that relates a litany of negativity, hatred, bigotry, political rhetoric spewing divisiveness, and the alarming number of people who support it all! It is easy for anyone to become fearful and negative... so it is
imperative that peacemakers keep positive and hopeful themselves, practice random acts of kindness, post positive quotations and messages, share with others steps you take to keep focused on reaching a peaceful mindset. In other words, model all that is hopeful, decent and just. In doing so, you will give yourself the gift of increased inner peace. This new year offers great challenges, addressing them brings us exciting opportunities!

May 2016 mark the expansion of many positive changes around the globe. Since the creation of the UN Millennium Development Goals 2000-2015, millions of ordinary world citizens already have been dedicated to those goals for many years and great strides have been made. Much more needs to be done or the consequences are grave! With the help of millions of additional people, men, women and children, miracles can happen. Let us get started by making SDG a well-known acronym that becomes part of everyone’s daily vocabulary. Choose your favorite SDG goals; engage your whole family in the challenge to work diligently on them. Expand your own inner peace by being a light for hope and an inspiration to others who are overcome by darkness. This issue has many helpful resources to support all facets of your work.

Blessings for a healthy, productive and gratifying year for one and all. Thanks to each of you for joining us as we continue to work to provide hope for a peaceful world.

Jeanne Morascini, Founder

THE SUSTAINABLE DEVELOPMENT GOALS
Pathway to the World We Want

On September 25, 2015 as the United Nations celebrated its seventieth birthday, the General Assembly adopted the 2015-2030 SDGs at UN Headquarters in New York City. The seventeen SDGs were developed based on the evaluation of the eight Millennium Development Goals which were implemented between 2000 and 2015. The Millennium Development Goals met many of their benchmarks: poverty was reduced; more children, especially girls, received a primary education; infant and child mortality was decreased; many diseases were contained or eradicated; clean water and sanitation were more available and there was greater gender equity. Establishing post-2015 goals was an outcome of the Rio+20 summit in 2012, which mandated the creation of an open working group to come up with a draft agenda. The group, with representatives from 70 countries, had its first meeting in March 2013 and published its final draft, with its 17 suggestions, in July 2014. The draft was presented to the UN general assembly in September last year. Member state negotiations followed, and the final wording of the goals and targets, and the preamble and declaration that comes with them, were agreed upon in August 2015. Alongside the open working group discussions, the UN conducted a series of “global conversations.” These included 11 thematic and 83 national consultations, and door-to-door surveys. The UN also launched an online My World survey asking people to prioritize the areas they’d like to see addressed in the goals. The results of the consultations were fed into the the working group’s discussions. You can view the data collected from over nine million respondents at http://data.myworld2030.org.

The SDGs have the purpose of finishing the job that the MDGs started. They have a continued focus on those living in extreme poverty, those with disabilities, indigenous communities, the unemployed, and women and children living with violence. New goals include economic considerations, including responsible production and consumption, free and fair trade, and job security. Environmental goals, including climate change, have been expanded.

The SDGs require the commitment of a new global partnership based on cooperation, solidarity, and mutual accountability. This partnership will include the UN, world leaders, nations, states, communities, civil society, businesses, scientists and academia, philanthropists, and the private sector, including all ordinary people everywhere. When each citizen of the world makes these goals a part of their daily lives, and when all governments, from villages to nations, integrate them into their daily plans, we will be able to create the world we want. Violence, conflict and war will be eradicated by the collaboration among all peoples, leading to a world of peace.
The Sustainable Development Goals (SDGs)
2015—2030

Goal 1: End poverty in all its forms everywhere.

Goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

Goal 3: Ensure healthy lives and promote well-being for all at all ages.

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Goal 5: Achieve gender equality and empower all women and girls.

Goal 6: Ensure availability and sustainable management of water and sanitation for all.

Goal 7: Ensure access to affordable, reliable, sustainable and modern energy for all.

Goal 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.

Goal 9: Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

Goal 10: Reduce inequality within and among countries.

Goal 11: Make cities and human settlements inclusive, safe, resilient and sustainable.

Goal 12: Ensure sustainable consumption and production patterns.

Goal 13: Take urgent action to combat climate change and its impacts.

Goal 14: Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

Goal 15: Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.

Goal 16: Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

Goal 17: Strengthen the means of implementation and revitalize the global partnerships for sustainable development

Note: There are 169 targets listed under the goals.

https://sustainabledevelopment.un.org/sdgs
Resources

Resources for Children Introducing the SDGs

1. Introductory video to SDGs by UNICEF for elementary children
   Animated Video: The Road to the SDGs: A Discussion with Students: [https://www.youtube.com/watch?v=ZZzBbO6Y0uc](https://www.youtube.com/watch?v=ZZzBbO6Y0uc)
   Subtitles available in all 6 UN languages (Arabic, Chinese, English, French, Spanish, Russian)

2. Teach about the Global Goals with the World’s Largest Lesson

3. A fun comic for later elementary on, which includes introductory information

4. UN site with videos, photos and SDG information

5. The World We Want: A Guide to the Goals for Children and Young People

How wonderful it is that nobody need to wait a single moment before starting to improve the world.

Anne Frank

Excellent resources to teach about Human Rights are available from The Advocates for Human Rights. You can search by topic and by grade level (K-12). Lesson plans and curriculums are available on human rights issues, immigration, conflict resolution, diversity, stereotypes, service learning projects, and more.

[http://www.theadvocatesforhumanrights.org/home](http://www.theadvocatesforhumanrights.org/home)

The Zinn Education Project has added lessons to help high school students understand the climate crisis.


Learn about hosting an Oxfam Hunger Banquet at your school to teach about hunger and the global food system. Guests are randomly assigned different income levels and each receives a corresponding meal. The higher income group gets a filling dinner, a larger group, which is the middle income group gets a simple meal of beans and water, and the remaining half of your guests get a small bit of rice and water. Download the Hunger Banquet toolkit at [http://www.oxfamamerica.org/take-action/events/hunger-banquet/](http://www.oxfamamerica.org/take-action/events/hunger-banquet/).

I Learn America is a documentary film that chronicles the experiences of five new-arrival teenagers at the International High School at Lafayette, a Brooklyn Public School in Brooklyn, NY. The students, from Guatemala, Myanmar, Poland, the Dominican Republic, and Pakistan, work to master English, adapt to families they haven’t seen in years, and create a future of their own, while experiencing the pressure of adolescence. In addition to building empathy, the film can be used to help educators better understand and serve their immigrant populations.


Using Photographs to Teach Social Justice, from Teaching Tolerance, is a media literacy resource for grades 6—8 and 9-12. Students learn to “read” photographs focusing on a social justice issue.

Resources

The MindUp Curriculum, Brain-Focused Strategies For Learning - and Living published in 2011 by the Hawn Foundation, presents cross-curricular strategies for creating joyful, focused classrooms, mindful learning, and resilient children that can be integrated with what the teacher is already doing. The goal of the program is to foster an optimistic classroom where all children have the opportunity to achieve their potential while successfully coping with the stresses they face. MindUp is based on leading research in cognitive neuroscience, mindfulness training, and social and emotional learning (SEL). There are 15 easily implemented fun lessons that develop mindful attention to oneself and others, tolerance of differences, conflict resolution skills and the capacity of each member of the community to grow as a human being and learner. Durlak et al (2011) found that teaching social and emotional skills plays an integral role in academic and life success with students gaining in academic achievement. Using a poster size diagram of the brain, children learn about the brain and how it functions, while gaining insight into their own minds and behaviors as well as those of others. Included in the lessons is the repetition of the Core Practice - deep belly breathing and attentive listening for a few minutes several days a week throughout the year. MindUP professes that the child who learns to monitor his feelings becomes more aware of how to respond to the world reflectively instead of reflexively. MindUp also imparts to students a sense of hopefulness which motivates students to work harder and experience success.

The curriculum guide is available from Amazon for Pre-K-2, grades 3-5, and grades 6-8.

http://www.amazon.com/MindUP-Curriculum-Brain-Focused-Strategies-Learning%2Chdpg/0545267129/ref=sr_1_1?ie=UTF8&qid=1451560751&sr=1-1&keywords=mindup+curriculum

Introducing Peace Museums by Joyce Apsel has been published by Routledge Press, UK in 2016 and is available in hardcover and e-book through Amazon. The book is the first of its kind to discuss peace museums and how they relate stories and display banners, diaries, and posters, about themes such as art and peace, antiwar histories, protest, peacekeeping and social justice to create cultures of peace. The peace museums discussed range from Dayton International Peace Museum in Ohio to the Peace Palace in the Hague to Kyoto Museum for World Peace in Japan to Gernika Peace Museum in Spain. Joyce Apsel will be giving several presentations about the museums and for more information contact her at jaa5@nyu.edu.

Joyce Apsel is a Curriculum of Hope member

The Culture of Peace News Network (CPNN) is a project of the Global Movement for a Culture of Peace, initiated by the United Nations, where readers exchange information about events, experiences, books, music, and web news in English, French and Spanish that promote a culture of peace.

CPNN is owned and managed by the Culture of Peace Corporation, based in Connecticut (USA) and composed of youth teams.

The founder and president of the Corporation is David Adams, who initiated CPNN at UNESCO during the 1990s. You can read David’s latest book (2015), Embrace the Fire: Plant the Seeds for a Culture of Peace free online at http://www.culture-of-peace.info/books/Embrace-12.pdf. It is uplifting and gives a comprehensive and optimistic look at all the good work being done to move us towards a culture of peace.

http://cpnn-world.org
http://www.culture-of-peace.info/

Somewhere something incredible is waiting to be known.
Carl Sagan
Resources

A People’s Curriculum for the Earth
Teaching Climate Change and the Environmental Crisis
edited by Bill Bigelow, Tim Swinehart
Rethinking Schools, 2014

A People’s Curriculum for the Earth is a collection of articles, role plays, simulations, stories, poems, and graphics to help teach about the environmental crisis. The book features some of the best articles from Rethinking Schools magazine alongside classroom-friendly readings on climate change, energy, water, food, and pollution—as well as on people who are working to make things better. http://www.rethinkingschools.org/ProdDetails.asp?ID=9780942961577

To keep our faces toward change
and behave like free spirits in the presence of fate
is strength undefeatable.

Helen Keller

SciGirls (pbskids.org/scigirls) is an Emmy award-winning PBS Kids television show, website, and educational outreach program that draws on cutting-edge research about what engages girls in science, technology, engineering and math (STEM) learning and careers. The transmedia effort has reached over 14 million girls, educators, and families, making it the most widely accessed girls’ STEM program available nationally. SciGirls’ videos, interactive website and hands-on activities work together to address a singular but powerful goal: to inspire, enable, and maximize STEM learning and participation for all girls, with an eye toward future STEM careers. The goal of SciGirls is to change how millions of girls think about STEM.

http://scigirlsconnect.org/page/activities

Keddsnews was developed by Katherine Davis, a computer instructor at Table Rock Middle School in Morgantown, NC who was named the North Carolina Educational Support Professional of the Year for 2013-2014. Davis recognized that many students had a hard time keeping up with the learning process, which today requires them to learn and grow at a quick pace. Davis created Keddsnews to provide educational games, tutorials, interactive lessons, and other resources to help students practice their skills.

https://sites.google.com/site/keddsnews/

What do you do with an Idea?
By Kobi Yamada
Illustrated by Mae Beson
Compendium Inc (2014)
Winner of an Independent Book Award, this is the story of one brilliant idea and the child who helps to bring it into the world. As the child’s confidence grows, so does the idea itself. And then, one day, something amazing happens. This is a story for anyone, at any age, who has ever had an idea that seemed a little too big, too odd, too difficult. It’s a story to inspire you to welcome that idea, to give it some space to grow, and to see what happens next.


For grades 3 — 8, Nat Geo offers resources and videos to teach students about climate change. The full teacher’s guide was developed to support teachers in teaching topics with real-world context, and provide them with the background to feel competent and comfortable when teaching about climate change. In addition to general information about climate change, the guide includes numerous education features, such as teaching tips and student thinking, that help to connect the content to classroom practice.

http://education.nationalgeographic.org/guide/?ar_a=1
Caring for Our Planet

Junk Mail Facts from http://www.forestethics.org/paper-the-facts

Junk mail comes at a huge cost to our environment. Every year, American households receive a total of 104.7 billion pieces of junk mail, or 848 pieces of junk mail per household, which requires 6.5 million tons of paper. Approximately 44% of junk mail goes to landfills unopened, and the average American will spend an average of 8 months of their life dealing with junk mail. It takes more than 100 million trees to produce the volume of junk mail Americans receive each year—the equivalent of clear-cutting the entire Rocky Mountain National Park every 4 months. Stopping unwanted mail is not necessarily easy, but there are several actions you can take. Be wary of companies charging money to help you. Find out more at:

https://www.usa.gov/telemarketing

What is the Paris Pledge?

Join with congregations and individuals who are pledging to do their part to address global warming. The Pledge is a bold 2-step commitment toward sustainability and carbon reduction:
1. By 2030, your congregation commits to reduce its carbon pollution by 50%.
2. Your congregation will set a goal of being carbon neutral by 2050.

http://www.parispledge.org/
http://www.interfaithpowerandlight.org/

8 Ideas to Reduce Your Carbon Footprint Now

♦ Buy energy-efficient appliances.
♦ If you read the newspaper, be sure to recycle or reuse. If you get your news online, use an unplugged laptop or e-reader.
♦ Buy local food to reduce the carbon emission of the vehicles used to transport fruits and vegetables.
♦ Unplug your chargers, power-off your cable box, and put your computer in sleep mode.
♦ Change to compact fluorescent lightbulbs. If every household in the US switched its bulbs we could reduce the electricity spent on lighting by 1/2.
♦ Filter your own water, or use your own rather than buying bottled water.

Also worth checking out:

http://www.365lesstings.com/eco-tips/
https://www.carbonfund.org/reduce

Get Your Students Involved

Get your students involved in slowing climate change and have your students teach others!


Recycling Aluminum

According to The Aluminum Association, http://www.aluminum.org/industries/production/recycling, nearly 75% of all aluminum ever produced is still in use today. Aluminum can be recycled over and over again without any loss of quality. Making a can from recycled aluminum saves 92 percent of the energy required to make a new can. An aluminum beverage container can be recycled and back on the shelf in 60 days. Recycling one aluminum can saves enough energy to keep a 100-watt bulb burning for almost four hours or run your television for three hours.

A 2015 study showed that if all the aluminum cans in the US were recycled, it would save $800 million per year and power 400 million homes.

Other recyclable aluminum products include: siding, gutters, storm window frames, lawn furniture, foil, and aluminum packaging.
Caring for Our Planet

Plant a Tree

One of the best ways to give back to the environment is one of the most efficient ways you can cut your carbon footprint. Trees provide shade and oxygen while consuming carbon dioxide. According to the Urban Forestry Network, a single young tree absorbs 13 pounds of carbon dioxide each year. That amount will climb up to 48 pounds annually as trees mature. Just one 10-year-old tree releases enough oxygen into the air to support two human beings. When trees are placed correctly around a home, heating costs can be reduced by 20 to 50% and cooling costs can be cut by 30%, saving homeowners $100 to $200 a year.

www.arborday.org/globalwarming/

Did you know?

⇒ Paper napkins contribute to the annual destruction of 34 million trees.
⇒ Glass takes over a million years to decompose.
⇒ Paying bills online saves 23 pound of wood and avoids 29 pounds of greenhouse gas emissions per household, per year.
⇒ Turning off the sink when you brush your teeth can save 5 gallons of water per day.

Adam & Thomas

by Aharon Appelfeld
Translated by Jeffrey M. Green
Illustrated by Philippe Dumas
Triangle Square, 160pp

A book for students in grades 4–6, originally published in France. The story is about two Jewish boys during World War II, who have been left in the woods near their home by their mothers who must return to the ghetto. The boys survive by eating berries, foraging for food, and milking cows for fresh milk. This message is to appreciate simple miracles and it is a story of generosity, as the act of giving is as necessary to survival as food.

http://www.amazon.com/Adam-Thomas-Aharon-Appelfeld/dp/1609806344/ref=sr_1_1?ie=UTF8&qid=1451495156&sr=8-1&keywords=Adam+%26+Thomas

Seek opportunities to show you care.
The smallest gestures often make the biggest difference.

John Wooden

Have you heard of the grassroots movement across the USA calling for people to adopt a diet based on whole grains, and fruits and vegetables? Founded by Dr. T. Colin Campbell, Ph.D., PlantPure Nation is promoting the message of the powerful health benefits of a plant-based diet. Released last summer, a documentary film PlantPure Nation, directed by Nelson Campbell, Colin’s son, tells the story of the quest to spread the message of a plant-based diet. In the film, T. Colin Campbell gives a speech on the floor of the Kentucky House of Representatives and T.Colin, his son, Nelson, and Kentucky State Representative Tom Riner work together to propose a pilot program documenting the health benefits of a plant-based diet. Once the legislation goes into Committee, agribusiness lobbyists kill the plan. Undeterred, Nelson decides to try his own pilot project in his hometown of Mebane, North Carolina.

http://www.vegfamily.com/join-plant-pure-nation/

Let There Be Water

By Seth M. Siegel
Thomas Dunne, 337 pp

Water shortages are one of the most urgent threats to our economy and society. In Let There Be Water, Seth Siegel tells the powerful story of how the people of Israel, which is 60% desert, came together to overcome their water problems. Israel built a desalination plant which provides 94% of Israel’s household water. It also recycles 85% of its sewage.

http://www.amazon.com/Let-There-Be-Water-Water-Starved/dp/1250073952/ref=sr_1_1?ie=UTF8&qid=1451500444&sr=8-1&keywords=Let+there+be+water
Opportunities

**17th ANNUAL CTAUN CONFERENCE**
Committee on Teaching About the United Nations
FRIDAY JANUARY 22, 2016
9:00 a.m.—4:00 p.m.
UN Headquarters, NYC
www.teachun.org
Overview of the global agenda (SDGs) and focus on ending hunger and taking care of the Earth.

**DKG National Legislative Seminar**
of the US Forum
March 13-16, 2016
Washington, DC
http://www.usforumdkg.org/
Registration deadline is February 13th
All DKG members who reside in the US are automatically members of the US Forum and are eligible to attend.

**Responsive Classroom Workshops**
June 21—June 24  London, England
June 21—June 24 Rome, Italy
August 29—September 1 Johannesburg, South Africa
Visit the website to find a conference near you.
https://www.responsiveclassroom.org/workshops-institutes

**The United States Holocaust Memorial Museum**
**2016 Belfer National Conference for Educators**
July 10—12, 2016
for English Language Art educators
July 13—15, 2016
for Social Studies educators
Museum educators and scholars share rationales, strategies, and approaches for teaching about the Holocaust. Participants tour the museum and explore the museum’s resources.
Find out more and register at:
http://www.ushmm.org/educators/professional-events-and-resources/belfer-educators-conference

**2016 Student Technology Conference**
A Free, Online Event
Saturday, January 30, 2016
9:00 a.m.—9:00 p.m.
This conference provides an international forum for the presentation, discussion and sharing of educational technology in schools and other academic settings.
Last year’s conference had more than twenty general sessions, four keynote addresses from all over the world and over 500 participants.
http://studenttechnologyconference.com/

**The Festival of Positive Education**
July 18-20, 2016
InterContinental Dallas
The inaugural Festival of Positive Education is a three-day event for educators, academics, policymakers and parents who seek to help create a new kind of education that promotes both academic achievement and character development.
http://greatergood.berkeley.edu/news_events/event/the_festival_of_positive_education

Hope is important, because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

Thich Nhat Hanh
Peacemakers at Work

Dakhota Kicking Bear Brown, now 17 years old, founded NERDS (Native Education Raising Dedicated Students), an organization that provides peer-to-peer mentoring and tutoring for Native American youth, who have the highest dropout rate in the nation. NERD clubs now serve more than 300 students in northern California and have had a 100 percent success rate of students graduating on time after their participation in NERDS programs.

Brown also tackled the problem of racist team names and logos, especially the term “Redskins” which, Brown states, research shows are detrimental to the mental health and development of Native American youth.

Brown worked with California State Assemblyman Luis Alejo to get legislation passed to ban the term “Redskins” as a sports team name, logo or mascot in public schools. He got support from the California Teachers Association and many other organizations. Brown now serves on the White House Steering Committee for Generation Indigenous.

Hope is being able to see that there is light despite all of the darkness.

Desmond Tutu

Our newsletter can be found online at www.deltakappagamma.org/CT/hopenews.php.

If you would like to receive a PDF version by email, please contact

Linda Shea, Subscription Manager
hshea@snet.net

Curriculum of Hope is a Standing Committee of Alpha Kappa State Connecticut.
Our intent is to promulgate resources and information, not to endorse products.