

ASIAN HERITAGE MONTH

Asian Heritage Month has been celebrated across Canada since the 1990s. In December 2001, the Senate of Canada adopted a motion proposed by Senator Vivienne Poy to officially designate May as Asian Heritage Month in Canada. In May 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month. During the month of May, we acknowledge the long and rich history of Asian Canadians and their contributions to Canada. Many families of HCDSB are of Asian heritage including, but not limited to: Chinese, Indian, Iraqi, Jordanian, Syrian, Korean, Pakistani, Filipino, and Japanese.

Canada's cultural diversity strengthens the country socially, politically and economically in innumerable ways. Asian Heritage Month is a time to pause and reflect on the many contributions our Asian Canadians have made to Canadian society and to celebrate the rich values, beliefs and cultural expressions of various Asian cultures. You can honour and celebrate Asian Heritage Month by enjoying some of the following activities in your homes with your family:

1. Learn about [Noteworthy Canadians of Asian Origin](#) and their contributions to Canada.
2. Research and learn about Asian-Canadian history: [Asian Heritage in Canada](#).
3. Go on a Family "Field Trip" to a Museum, virtually! Visit the [ROM](#) and the [Canadian Museum for Human Rights](#).
4. Learn about immigrants coming to Canada and settling in new communities through video: [Passages Canada](#).
5. Listen and dance to Asian music, poetry and spoken word, virtually at [Prologue Performing Arts!](#)
6. Visit an art gallery virtually showing [Middle Eastern Art](#). Then create artwork of your own reflecting Asian culture and display it in your home.
7. Listen or read Asian stories:
 - [The Best of Hitopadesha Tales - The Wise Rat](#)
 - [Indian Folk Tales in English | Moral Stories in English For Children](#)
8. Learn the history around Asian cooking and cook up some Asian recipes. Then enjoy a family movie night together watching an Asian show or film on TV:
 - [Halo, Halo from the Philippines](#)
 - [The History of Baklava](#)
 - [The Origins and History of Rice in China and Beyond](#)
 - [What is the Origin of Kimbap?](#)
 - [The History of Butter Chicken, Indian Cuisine's Most Loved Curry](#)
9. Complete some arts and crafts projects as a family: [AHC Arts & Crafts](#).



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canada.ca/asian-heritage-month