

Black History Month

By Betty Ruoss and Bridget Hall

February is Black History Month. A time to celebrate the accomplishments of African Americans who did amazing things.

Black History Month came about in 1926 when a scholar named Carter G. Woodson noticed Americans weren't learning much about African American History. Woodson was concerned that many textbooks and other historical reviews ignored or minimized the contributions that Black African Americans had made to society. So, he started what went on to become Black History Month. Woodson set aside the second week in February to raise awareness to their stories. And now, nearly 100 years later every February, we continue the tradition of highlighting African Americans who did amazing things.

Some reasons why we should celebrate Black History Month are:

1. It celebrates diversity.
2. It unites us.
3. It takes us beyond History books.
4. It helps us understand the importance of our stories.

Many Black people who struggle with mental health issues have made great accomplishments in this world. Recognizing these facts help people to see that they can make a difference in the world.