

# Belonging

the newsletter from the *FIRST* NC ED&I Team – March 2023

**Equity** – Treating everyone fairly, having equal opportunities and removing barriers.

**Diversity** – The way we are all different.

**Inclusion** – Creating space for everyone where differences are embraced.

## ***FIRST* Robotics Competitions: Enjoy the experience!**

*FIRST* Robotics Competitions can be stressful. Sometimes we think “will the robot work as we designed, will our effort pay off, will I let my teammates down?”

Here are some tips that may help building up to your first competition and coping during the event:

- **Practice deep breathing.** If you feel overwhelmed with everything that’s going on, find a quiet place to sit down (most FNC competitions have a quiet room). Inhale slowly through your nose, drawing air deep into your lungs. Hold your breath for about 5 seconds and then release it slowly. Repeat the exercise 5 times.
- **Relax.** Contract (flex) a group of muscles tightly. Keep them tense for about 5 seconds, then release. Repeat the exercise 5 times, selecting different muscle groups.
- **Visualize success:** Close your eyes and picture a peaceful place or an event from your past. Recall the beautiful sights and the happy sounds. Imagine stress flowing away from your body. You also can visualize success. People who advise competitive players often recommend that they imagine themselves completing a pass, making a shot, or scoring a goal over and over. Then on competition day, you can recall your stored images to help calm nerves and boost self-confidence.
- **Be positive:** Watch out for negative thoughts. Whether you’re preparing for a competition or coping with a defeat, tell yourself: “I learn from my mistakes!” “I’m in control of my feelings!” “I can make this goal!”
- **Talk about your concerns with a friend.** Simply sharing your feelings can ease your anxiety. Sometimes it may help to get an adult’s perspective — someone who has helped others deal with competition stress like your coach, mentors or school counselor.
- **Treat your body right.** Eat well and get a good night’s sleep, especially before competition where the pressures on.
- **Don’t try to be perfect.** Everyone flubs a shot or messes up from time to time (so don’t expect your teammates to be perfect either!). Forgive yourself, remind yourself of all your great shots, and move on.
- **Check in on your teammates.** Is everyone else doing ok? Can you help someone else cope easier?

Do you have tips for other teams on how to include people and help them feel they belong?

Send them to [FIRSTNC-EDI@googlegroups.com](mailto:FIRSTNC-EDI@googlegroups.com) and we’ll include them in upcoming newsletters.

## **From *FIRST*: Just in case you missed it! - Free STEM Kahoot! Activities**

Join us in celebrating science, technology, engineering, and math (STEM) with free activities. This month we learn about:

- [What is FIRST® Robotics Competition?](#)
- [Safety Sense in FIRST® Robotics Competition](#)
- [Basic Game Rules for FIRST® Robotics Competition](#)
- [FIRST® Robotics Competition Events](#)
- [Awards Criteria in FIRST® Robotics Competition](#)

## March Events:

March is Women's History Month. Established in 1987, the month recognizes all women for their valuable contributions to history and society.

**March 1:** St. David's Day is the feast day of St. David, the patron saint of Wales.

**March 2 (sunset) to March 20 (sunset):** Nineteen-Day Fast is a time in the Bahá'í faith to reinvigorate the soul and bring one closer to God. This fast takes place immediately before the beginning of the Bahá'í New Year.

**March 6:** Magha Puja Day, or Maka Bucha, is a Buddhist holiday.

**March 7 to March 8:** Lailat al Bara'a, also known as Lailat Al Baraah, Barat, Shab-e-Bara, or Night of Forgiveness, is an Islamic holiday during which practitioners of the faith seek forgiveness for sins.

**March 8:** International Women's Day, first observed in 1911 in Germany.

**March 13 to April 15:** Deaf History Month celebrates key events in deaf history.

**March 17:** St. Patrick's Day started in Ireland to recognize St. Patrick, the patron saint of Ireland.

**March 18:** Holi is the annual Hindu and Sikh spring religious festival observed in India, Nepal, and Sri Lanka.

**March 19:** St. Joseph's Day in Western Christianity is the principal feast of St. Joseph.

**March 20:** Ostara is a celebration of the spring equinox commemorated by Pagans and Wiccans.

**March 20 to March 21:** Nowruz/Norooz, or Persian New Year, is a day of joy, celebration, and renewal.

**March 21:** International Day for the Elimination of Racial Discrimination.

**March 22 to March 31:** Chaitra Navratri is a 9-day festival that starts on the first day of the Hindu Luni-Solar calendar.

**March 25:** International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade.

**March 30:** Ram Navami is a Hindu day of worship and celebration of the seventh avatar of Vishnu (Lord Rama).

**March 31:** International Transgender Day of Visibility is celebrated to bring awareness to transgender people and their identities as well as recognize those who helped fight for the rights of transgender people.

## Inspiration & Recognition Spotlight: Women Everywhere!



March is Women's History Month – an annual celebration of achievements of women and their central role within US / global history. The following links detail the accomplishments of female scientists and engineers.

[Marie Curie, 1867–1934](#) - was the first woman to win a Nobel Prize and is the only woman to date to receive a Nobel Prize in two different fields.

[Edith Clarke, 1883–1959](#) – was the first woman to graduate in electrical engineering at the Massachusetts Institute of Technology.

[Enequina Marques, 1913–1981](#) - the first black woman in Brazil to graduate in engineering and the first woman to achieve this degree in the state of Paraná.

## Equity, Diversity, & Inclusion Youth Training:

The Equity, Diversity, & Inclusion (ED&I) Youth Training is for all FIRST students. It is designed to educate FIRST students about the importance of equity, diversity, and inclusion while providing strategies and recommendations to help FIRST create a more inclusive and diverse environment.

- [Module 2 – Discrimination & Bias](#)

## The FIRST NC ED&I Team: Contact us at: [FIRSTNC-EDI@googlegroups.com](mailto:FIRSTNC-EDI@googlegroups.com)

We are a team of coaches/mentors who want to help create a community and culture of people who embrace the values of equity, diversity, and inclusion, who want to develop themselves, and who understand that growth and diversity of all types lead to team excellence.

Anisha Patel - The Pitt Pirates 2642  
Dave Lashley (he/him) - Team SPORK 3196

Linda Whipker (she/her) - Team PyroTech 3459  
Melissa "Bee" Bube (they/she) - Girls on Fire 5679

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