



October 23rd-31st

Throughout Red Ribbon Week, staff and students will participate in the following themed days. The activities are intended to promote a positive, united healthy environment.

October 23: **Spread the Message:** *Wear Red*

October 24: **Self Care; Mind!** *Meditate or reflect for 5 minutes*

October 25: **Use your Head!** *Wear a Hat*

October 28: **Self Care; Spirit!** *Peaceful Activity (e.g. yoga, walk)*

October 29: **Self Care; Body!** *Pack a Healthy fruit in your lunch /snack*

October 30: **Plan ahead!** *Walk to school*

October 31: **Scare away bad choices!** *Wear your Halloween costume.*