

# **RED RIBBON WEEK**

## **Monday, October 28<sup>th</sup> – Friday, November 1<sup>st</sup>**

Each year Student Council hosts a week long celebration of healthy lifestyle choices during Red Ribbon Week. We want students to choose to make healthy choices in their interaction with one another, in their food choices, and staying away from drugs, tobacco, alcohol, and violence. Life is more fun without these things. So let's be a little crazy for healthy habits with a different theme for each day!

**Monday, October 28<sup>th</sup> : PJ Day** - It is important to make healthy choices like getting enough sleep! - Sleep in this morning and wear your PJs to school, but don't sleep in class!

**Tuesday, October 29<sup>th</sup> : Hat Day** - Put on your thinking cap and don't chew tobacco – Wear a hat and teachers will provide you with a piece of gum to chew.

**Wednesday, October 30<sup>th</sup> : Dress your Best** - You are at your best when you make healthy choices including eating your veggies and fruits. Be drug free, alcohol free, tobacco free! - Dress your best for Jesus.

**Thursday, October 31<sup>st</sup> : Crazy Hair/Clothes Day** - It is fun to be crazy and drug free - Wear clashing clothes and make your hair crazy.

**Friday, November 1<sup>st</sup> : Masks!** - It is fun to wear a mask, but don't let unhealthy choices mask who God made you!! Wear a mask or a hat for fun. (**Wear masks or hats ONLY, they must be non-scary and appropriate for our school**)