

## RED RIBBON WEEK IS HERE

The 2016 Nation Red Ribbon theme is YOLO - Be Drug Free. #youonlyliveonce. This theme originated in Claysburg Pennsylvania from two sixth grade students. They had a teacher who taught them to make good decisions because "you only live once." Each decision they make is an important one.

One of the student's mothers said, "There is a drug epidemic in our area. I've always talked to Jeremiah about the importance of being drug free and making good decisions." It is never too early to talk to your child about making the choice to say no to drugs and how to say no if they are ever offered drugs. Please take time to discuss with your child what good decisions look like and how to make choices that they can always be proud of.

To celebrate Red Ribbon Week at Heritage Elementary, our student lighthouse team has come up with fun ways to show support. Please show support for our school and this drug free theme by participating every day.

Monday October 31<sup>st</sup>- "Scare away drugs" Wear Halloween costumes and participate in the school parade to scare away drugs.

Tuesday November 1<sup>st</sup> - "I Pledge to Stay Drug Free." Tuesday students will have the opportunity to be smart by signing the poster in the school gym during lunch declaring their intent to be drug free. When they sign they will be rewarded with smarties for making such a smart decision. Additionally the class with the most kids wearing red will win a pizza party for their class.

Wednesday November 2<sup>nd</sup>- "Wake Up, Be Smart, Don't do Drugs!" Wednesday we will celebrate Red Ribbon Week by having a pajama day.

Thursday November 3<sup>rd</sup> - "Show your Team Pride-Stay Drug Free" spirit day. Wear your favorite sports team clothes in celebration of keeping a body healthy, fit, and drug free.

Friday November 4<sup>th</sup> - "Hats off to Staying Drug Free." Students are invited to wear their favorite hat and school shirt.

