

# Red Ribbon Week



Dear Teachers/ Staff, Parents, and Students,

We have many fun and educational activities planned for Red Ribbon Week!

## What is Red Ribbon Week?

It began in 1985, when Federal Drug Agent Enrique Camarena was murdered in Mexico by drug traffickers. The Red Ribbon became a symbol to reduce the demand for drugs. It symbolizes an individual's commitment to a healthy drug free lifestyle.

Red Ribbon Week is a celebration to create awareness concerning the problems related to alcohol, tobacco, and other drugs. It presents a unified and visible commitment towards the creation of a Drug Free America.

In 1988, Congress proclaimed the last full week in October as National Red Ribbon Week. More than 100,000 Schools and organizations across the country celebrate Red Ribbon Week each October. Let's make this year the most successful yet!



## Monday, October 22<sup>nd</sup>

**"Wear red day"** - Students are encouraged to wear red today in support of the entire week. Love yourself and follow your dreams and your heart! Don't let drugs or poor choices stand in your way of reaching your dreams. Continue to dream of all the possibilities you can and will achieve as you get older. **Jeans are appropriate.**

\*\* grades 6-8 will sign a pledge to be drug free during their lunch period

\*\*\* Class Contest: Which ever class with the most red on wins a free dress down day

\*\*\*\* Red Ribbon Week balls will be distributed to phys. Ed. teachers



## Tuesday, October 23<sup>rd</sup>

**"Superhero Challenge"** - Students are encouraged to wear your favorite superhero logo or character. Superheroes not only save others from dangerous choices, they keep themselves healthy as well. Be your own superhero by exercising daily, eating more fruits and vegetables and putting healthy things into your body **Jeans are appropriate.**

## Wednesday, October 24<sup>th</sup>



"**Dress for Success Day**" - Students are encouraged to dress their best and look ready for success. Students can wear professional business attire! Making healthy choices by being drug free leads to a successful future! In a successful environment, people show respect for themselves and others. How can we show respect today and always?

## Thursday, October 25<sup>th</sup>



"**Being Drug Free is No Sweat**" - Students are encouraged to wear sweat pants or athletic gear. Being healthy and active is an easy choice to make! **(NO YOGA PANTS)**

\*\* Every hour, over the loud speaker, all students and staff will be instructed to do some type of exercise (ex: 5 pushups, 10 jumping jacks, sit-ups, plank, etc.)



## Friday, October 26

"**Teaming up Against Drugs**" - Students are encouraged to wear your favorite team shirt or Cavs gear. One way to team up against drugs is to be friends with people who make healthy choices and show good character. Be a friend that makes good choices every day and helps others. *Jeans are appropriate.*

\*\* Announcement of poster contest winners

Thank you for all of your support. We should have a great, fun Red Ribbon Week promoting drug prevention.

Any questions or concerns about any of the listed activities please contact Mrs. Valinski or me for clarification.

Sincerely,

Amanda Pelkey  
**School Counselor**  
*Monday, Wednesday, and Friday*