

Red Ribbon Week - October 26-30, 2009

Dear Parent(s)/Guardian(s),

The following is a list of activities for Drug Free Schools Week at Manheim. Please encourage your child(ren) to participate.

Monday, Oct. 26th

Each student will receive a red ribbon and will be encouraged to wear their ribbon every day this week.

Announcement: You are being responsible when you do what you are expected to do. Drugs cloud your mind and make you sick or sleepy. They make it hard to do things like schoolwork or chores. Always make the responsible choice by saying NO to drugs and YES to healthy things.

Tomorrow is Red Day! Wear red tomorrow to support the red ribbon campaign.

Tuesday, Oct. 27th

Today is Red Day! Are you wearing your red today to show that you are saying no to drugs and alcohol?

Announcement: Having courage means doing the right thing even if you are afraid. Sometimes other kids want you to do something that can be hurtful or dangerous. You might be afraid that they will make fun of you for saying NO. Show courage by saying NO when others try to talk you into doing something that is wrong. Don't sweat it! Make good choices.

Tomorrow is Wacky Wednesday! Wear your craziest outfit and make a commitment to never be crazy to experiment with drugs or alcohol.

Wednesday, Oct. 28th

Today is Wacky Wednesday! Staff and students are wearing crazy outfits to support the Red Ribbon campaign. Students will receive drug free pencils to remind them to stay away from drugs.

Announcement: A person who is trustworthy can be counted on to be honest. People who use illegal drugs have to lie and keep secrets. A trustworthy person is drug-free. Let your true colors shine through.

Tomorrow is Team Up Against Drugs Day! Please wear your favorite team shirt to show your support for Red Ribbon week!

Thursday, Oct. 29th

Today is Team Up Against Drug Day! Students and Staff are wearing their favorite team on their shirts today!

Announcement: Show respect by being polite and considerate to others. Show respect to yourself, too. Always be the best that you can be. Drugs keep you from being as smart and as strong as you can be. Follow your dreams- don't do drugs!

Tomorrow is Fitness Friday. Students and staff are encouraged to wear fitness apparel to support and encourage students to lead healthy, successful lives!

Friday, Oct. 30th

Fitness Friday – “Live Healthy, Live Drug Free!” Students and staff are wearing fitness apparel (sneakers, track suits, etc.)

Announcement: It's important to care for your body and make healthy choices. One way to care for yourself is by saying NO to drugs. Drugs can harm your body and your mind in many ways. Live healthy, and live drug free!

Thank you for your support in encouraging our students to lead healthy, successful lives!