

“A Week of Making Good Choices”

Elementary Schools in the Warren Township School District
October 21 - October 25, 2019

Dear Parents and Guardians:

Please join us in celebrating “*A Week of Making Good Choices*” from October 21-25, 2019, in recognition of *School Violence Awareness Week* and *National Red Ribbon Week*. School culture consists of the related factors of attitude, feeling, and behavior of individuals. Mt Horeb will be encouraging students to positively handle conflicts and resolve problems peacefully, in line with our district-wide Character Education Program. We will also be promoting healthy choices for our minds and bodies. Our goal is to continue to encourage a positive environment for all members of our school community.

In addition, we will promote School Spirit Days with a different theme and positive message each day, throughout “*A Week of Making Good Choices.*” The Spirit Days schedule is attached. Please encourage your child to participate and emphasize each theme. Thank you for your ongoing support!

Sincerely,
“Dr. S.”
Kelly Stankiewicz, PhD
School Counselor

Mt. Horeb School Spirit Days **OCTOBER 21st-25th**

Monday, October 21st: Happy, Healthy Monday!

- ❖ As a way to promote the positive choices we can make in our lives, students are asked to bring in a healthy snack. Remember to include 5 vegetables and fruits, along with 4 or more glasses of water, into your daily diet in order to stay healthy and strong!!
- ❖ We will continue to review the rules of good sportsmanship and fair play with Physical Education classes throughout the week.

Tuesday, October 22nd: True Blue Tuesday!

- ❖ Students and staff will be encouraged to wear something blue.
- ❖ The color blue is often associated with honesty, peace, and calm. We will practice relaxation techniques throughout the week to help students effectively manage stress.

Wednesday, October 23rd: Wake Up Wednesday!

- ❖ Students will be encouraged to wear “Pajamas” to school as a reminder to get enough sleep.
- ❖ On average, young children need approximately 10 or more hours of sleep per evening for optimal health and school performance. In addition, the National Sleep Foundation recommends turning off all electronic devices at least 1 hour prior to bedtime, in order to improve the quality of sleep.

Thursday, October 24th: “THINK” about it Thursday!

- ❖ Students will be encouraged to use the “**THINK**” acronym, along with other positive conflict resolution tools to communicate with classmates.
- ❖ **THINK** before you speak:
 - Is what I want to say **T**RUE?
 - Is what I want to say **H**ELPFUL?
 - Am **I** the best one to say it?
 - Is it necessary to say it **N**OW?
 - Is it **K**IND to this person and others?

Friday, October 25th: “Take a Stand, Lend a Hand” Friday!

- ❖ Students and staff will be encouraged to wear their **craziest socks**.
- ❖ Show someone you care. Help out a friend, family member or teacher!