



Week of Making Good Choices 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.

