



Heights Red Ribbon Week 2019

Oct 23rd thru Oct 25th

Wednesday Oct 23rd “**National Unity Day**” – Wear **orange** in a district wide movement to stand united in kindness, acceptance & inclusion in our school, community and world. Students will participate in a peaceful bus meeting as an exercise to unify the bus groups & promote bus “pride”.

Thursday Oct 24th “**Thoughtful Thursday**” – Wear **Red** to school in support of *Red Ribbon week* to honor healthy, kind & thoughtful choices. Classes will be making glitter jars featured in the story “**Moody Cow Meditates**” providing a tangible exercise to give students an experience of mindfulness & teach them that they can calm their bodies and minds with deep breathing.

Friday Oct 25th “**Fit Friday**” – Wear **sneakers** to be ready to have some F.A.S.T Fun. The Fast Fundamentals team will come to school to teach our kids the importance of staying active. Students will all receive their very own Bulldog notebook to create their own messages on staying healthy all year long!

We look forward to a wonderful, mindful & healthy celebration at Heights!

-Heights PFA