

Red Ribbon Week

Monday, October 27

Today begins Red Ribbon Week! The theme for this year is, "The Best Me is . . . Drug Free!" We hope you all are wearing RED because today the dress up theme is, "Are you RED-y to live drug free?" The discussion topic today is, "The best me.... is RED'y" to understand the dangers of prescription drugs." Prescription drugs are medications that you get from a doctor or buy at a pharmacy. Taking medication that isn't prescribed to you or taking too much of ANY medication can be very harmful. Remind everyone at home to put away medicines so they are out of reach of children. Tomorrow wear your favorite team jersey so we can remember, "The Best Me . . . teams up against drugs!"

Tuesday, October 28th

Today's Red Ribbon Week theme is, "The Best Me . . . Teams Up Against Drugs!" We hope you are wearing your favorite Team jersey! The focus today is on "Teaming Up" against underage drinking. Underage drinking means drinking ANY alcohol before you are old enough. Drinking alcohol before you are 21 can cause your body and brain a lot of damage. Even when you are old enough to decide to drink alcohol, drinking too much alcohol can lead to addiction, health problems, financial problems, and even death. It's important to talk to the grown-ups in your home about your family rules about drinking alcohol and ways you can stay safe. Tomorrow wear your pajamas because, "The Best Me . . . is Dreaming Big to Stop Vaping!"

Wednesday, October 29th

Today's Red Ribbon Week theme is, "The Best Me is . . . Dreaming Big to stop vaping!" which means hopefully you are all wearing your pajamas! Our discussion topic today is about vaping or e-cigarettes. The use of vapes or e-cigarettes is unsafe for kids, teens, young adults, and even adults. Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm brain development. E-cigarettes can also contain other harmful substances besides nicotine, so when you are inhaling you never know what you are actually taking into your lungs. You only get one body, so let's take care of it! There is NO SAFE VAPE. Tomorrow wear neon because, "The Best me is . . . too BRIGHT not to be Drug Free!"

Thursday, October 30

Today's Red Ribbon theme is, "The Best me is . . . too BRIGHT not to be Drug Free!" Hope you are all wearing neon! Bright minds care about health and make smart choices that keep their bodies away from harmful substances such as drugs! Tomorrow, wear your costumes for Halloween because, "The Best Me . . . Scares Drugs Away!"

Friday, October 31st

BOO! Today we are wearing our costumes because, "The Best Me . . . Scare Drugs Away!!! Even though it's Halloween we are still celebrating Red Ribbon Week. Remember that drugs are scary and to just say NO! If you make up your mind now to always say no to drugs it will be easier to say no when you are ever asked. Be safe and remember that "The Best Me is Drug Free!"