

# RED RIBBON/WELLNESS WEEK

October 14-20



Please review the calendar for next week's upcoming Red Ribbon/ Wellness Week. Red Ribbon Week is the nation's largest drug prevention awareness program. It is a long standing tradition at Earl Warren and we have many fun and educational activities scheduled. We appreciate the generous contributions of PTSA to pay for the activities and want to thank our PTSA volunteers who will be on campus throughout the week.

Earl Warren has also integrated Wellness Week into our program of activities. The staff and teachers at Earl Warren are committed to supporting student personal health and well being. We hope that you can use this guide to further conversations at home with your student about ways to make choices towards a healthy and well balanced lifestyle.

# GUIDE TO DAILY EVENTS

## HEALTHY GIVEAWAYS

On Thursday PTSA will hand out snacks to students during nutrition. Wednesday during lunch nutrition services will be giving away free Naked Juice drinks.

## PUBLIC SERVICE ANNOUNCEMENT CONTEST

The theme for the PSA contest will be "Lead a Healthy Lifestyle/Make good choices." Students will work collaboratively together in APT to write and record a PSA. The winning classroom will be have their PSA skit played in Channel 54 and will receive Jamba Juice Smoothies.

## LUNCH ACTIVITIES

Students will have an array of activities to participate in during lunch this week. On Monday students will receive their Red Ribbon Bracelet in APT. Each following day they can show their bracelet to PTSA volunteers at lunch to earn a raffle ticket for a daily prize.

On Monday students will have a chance to participate in a Zumba Activity. On Friday the CREW will be present for a special live performance.

Beginning on Tuesday, students can visit the Cove to write down a healthy choice they practice in their own lives. At the end of the week, all of the pieces of red paper will be linked together to form a "Healthy Choices Chain" that will be displayed for everyone to see.

On Thursday, staff and students will compete in a Healthy Choices Trivia contest. Students will have the chance to beat their teachers in a little friendly competition with gift cards to Jamba Juice as prizes.

## GUEST SPEAKERS

On Tuesday and Thursday students may have the opportunity to attend a presentation during their 3rd period class. High school students in the Peer Assisted Listeners (PAL's) program from TPHS and CCA will discuss with our students ways to cope with stress, anxiety, and social pressures at the high school level.

## LOCAL PARTNERSHIPS

Stop by CA Pizza Kitchen on Wednesday with your family and 20% of proceeds will go back to Earl Warren

## HALLOWEEN BASH

Encourage your student to attend the Halloween Bash on Thursday from 5-7 pm. Entrance into the event includes all you can eat tacos, and churros.