

Red Ribbon Week Daily School Announcements

Monday, October 28

Today begins Red Ribbon Week! Are you RED-y? Are you wearing red?

The theme for this year's Red Ribbon Week is "Let's TALK about drinking and drugs."

For today's lesson, we will TALK about prescription drugs and medications. Prescriptions are drugs that you get from a doctor or buy at a pharmacy. Medications can also be other things like vitamins, sunscreen, and eye drops. Taking medication that isn't prescribed to you or taking too much of ANY medication can be very harmful. Take this information home and TALK to your families and grown-ups about it. Remind everyone to put away medicines so they are out of reach of little children. Remember to wear silly socks tomorrow.

Tuesday, October 29th

I hope you are wearing silly socks. Today we are focusing on SOCKING it to 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, 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. Remember to wear neon tomorrow.

Wednesday, October 30th

Today let's TALK about vaping which is a big issue in our community right now. Another name for vaping is 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 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. TALK to your family and grown-ups about vaping to make sure they know how harmful it really is. Remember to wear your costumes tomorrow.

Thursday, October 31

BOO! Today we are wearing our costumes to 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. Remember to wear your favorite sports gear tomorrow!

Friday, November 1st

We want to finish Red Ribbon Week with a celebration of great health and smart choices! Your challenge is to make a list of ways to be healthy as a family, TALK about what you've learned with your family, put all medications in a safe place, and pledge to stay drug free.