

RED RIBBON WEEK

Family Engagement

October 23-27

WHAT:

Westmont Hilltop Elementary students will celebrate Red Ribbon Week by being kind and making good choices in our lives. Each day, students will focus on being kind to themselves and those around them. We are asking families to participate with us and help our students focus on kind and healthy choices at home.

WHY:

We want our Little Hilltoppers to live happy and healthy lives. We hope to work together with families to support our students in making healthy choices in all areas of their lives in order to improve their mental, physical and emotional well-being. By making good choices we are able to remain drug free.

HOW:

We hope that families participate in Red Ribbon Week by discussing each day's topic, participate in spirit week and participate in these family engagement activities.

ACTIVITIES

MONDAY-BE KIND TO YOUR MIND

Exercise your mind by doing fun Brain Teasers with your family

TUESDAY-BE KIND TO YOUR BODY

Cook a new healthy meal and/ or do something physically active with your family.

WEDNESDAY-BE KIND TO YOUR SELF

Slow down together! You can practice mindfulness, practice gratitude or just relax and spend time together as a family.

THURSDAY-BE KIND TO YOUR SCHOOL

Take time to talk with your student about what they enjoy about their school day.

FRIDAY-BE KIND TO YOUR FAMILY/ FRIENDS

Do a family activity today. This could be a family movie night, family game night, cooking a special dinner together, etc.