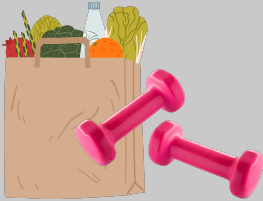


Hilltoppers Celebrate Red Ribbon Week by Being Kind and Making Good Choices in Our Lives

OCTOBER 23-27, 2023

Monday-Be Kind to Your Mind

Monday's focus is on being kind to your mind. This means exercising your brain so you can make good choices in life. To celebrate, decorate your brain by wearing your favorite hat!



Tuesday-Be Kind to Your Body

Tuesday's focus is being kind to your body by making healthy food choices and moving your body. To celebrate, wear something that represents a way you like to be physically active or clothing that represents your favorite food

Wednesday-Be Kind to Yourself

Wednesday's focus is being kind to yourself. Take time to slow down and relax! Celebrate by wearing your comfiest clothes or pajamas!



Thursday-Be Kind to Your School

Thursday's focus is on being kind to your school. This means working together to make our school a happy place to be. Celebrate by wearing Westmont Hilltop Spirit Wear or RED and GREY

Friday-Be Kind to Your Family and Friends

Friday's focus is choosing to be kind to your family and friends. Celebrate by wearing your costume to school and celebrate fall with your classmates and family.

