Eggert Wellness Red Ribbon Week Theme Days For Oct. 25th-29th

Mon. 10/25
I’m “JEAN”-IUS!
I’ll make smart choices!
Wear jeans today!

Tues. 10/26
ELECT to choose the best you!
Wear red, white, and blue!

Wed. 10/27
I have the POWER to make healthy choices!
Dress like a superhero!!

Thurs. 10/28
Follow your DREAMS!
Wear your Pajamas!

Fri. 10/29
SCARE away drugs!
Wear your costumes today!*
Dear Families,

Did you know….Children of adults who talk to their children regularly about drugs are 42% less likely to use drugs than those who don’t?

Conversations like this are hard but necessary to support having a healthy life. This week your child is participating in age-appropriate lessons in Health and Wellness class dealing with good choices and drug prevention. We will celebrate what we have learned by signing a hallway display pledging to MAKE HEALTHY CHOICES and by having a THEME WEEK during the last week of October. Flip this paper over for information about the theme days in coordination with our Eggert Wellness Committee!

Be Well,

Julie Rupp & Jaclyn Starosielec
Health and Wellness Teachers