**Monday**

Welcome to red ribbon week! We will be wearing our ribbons and talking about healthy choices all week.

Red ribbon tip of the day:

One healthy habit we can all develop is being ready for school by getting enough sleep each night. For students in elementary school, that means getting 10 hours of sleep every night!

Don’t forget tomorrow is sport’s gear day because sport superstars make healthy choices!

**Tuesday**

Red ribbon tip of the day:

Remember to get 60 minutes of exercise everyday! Sports players use their 60 minutes of exercise each day to make sure they get plenty of practice to be at their best.

Don’t forget to wear sunglasses tomorrow for a bright future.

**Wednesday**

Red ribbon tip of the day:

Remember that a bright future requires good nutrition today. We can all make healthy choices during each meal. An easy way to do this is to fill half of your plate with fruits and vegetables.

Don’t forget tomorrow is Military heroes day so wear brown and green!

**Thursday**

Red ribbon tip of the day:

Where are all the students? I can’t see you! Oh, that’s right-we are all wearing camouflage! American heroes protect us every day but one thing we can do to protect ourselves is to NEVER give out personal information online. Whenever you are using the internet, never share your name, age, address, or any personal information about yourself or your family. This will help us to stay safe while online!

Tomorrow is our last day of red ribbon week. It’s Freaky Friday so bring in a dollar for the AEF and wear your craziest outfit!

**Friday**

Red ribbon tip of the day:

Healthy choices will give us a bright future. Remember to always eat right, get enough sleep, exercise everyday, and say no to drugs! Even though our week is coming to an end, remember it is always the right time to make healthy choices. There are lots of adults at home and at school who are ready to help you with healthy choices, everyday.