

Red Ribbon Week

Red Ribbon Week is next week, and we look forward to a great week that will help our students commit to staying healthy and making positive decisions in their life. We have a fun-filled week of activities planned at Lakeside, and we hope that you take advantage of this time at home to open a dialogue about the importance of making the right choices for a healthy future.

As parents, we play a vital role in establishing and supporting these ideas but talking with your child about subjects like drug abuse can often be difficult. Young people can be reluctant to engage, and we sometimes feel unqualified to successfully navigate these conversations. The [Child Mind Institute](#) organization and website is a valuable resource developed by mental health and education professionals in New York to help parents and other adults address these types of difficult topics with young people. This page in particular addresses how to navigate [the conversation about drugs and alcohol](#).

Lakeside Red Ribbon Week 2019 Theme “Life Is a Journey, Travel Safe”

All Week:

- Daily “healthy lifestyle” announcements
- Weeklong dress up days – The advisement with the highest participation will receive a doughnut party
- Walk to school day will be on Wednesday! Students and staff are invited to meet at Barnes and Noble at 8:45am. We will walk to school together to show our school spirit!!
 - Every student that participates in the Walk to School will receive 2 raffle tickets towards the Friday raffle of 2 Hydro flask water bottles and 2 \$25 dollar Amazon gift cards

Monday, October 21st

- Dress up day theme: Crazy Socks Day
 - Show your school spirit by wearing unusual socks to go where leads you best. Red ribbon wristbands will be distributed during advisement.
 - Activity: Lunch time pledge cards and red licorice to participants during lunch

Tuesday, October 22nd

- Dress up day theme: Disney Day. Time to use your imagination and dress as your favorite Disney Character!

Wednesday, October 23rd

- Walk to School Day- students and staff will meet at Barnes and Noble and walk to school. Each student that walks will receive two raffle tickets.
- Theme: Wear Red Day. REDy or time to talk towards the right decision by walking to school with us and wearing red clothing!
- Activity: YAT activities during lunch

Thursday, October 24th

- Dress up day theme: Future Career Day. What do you see yourself in years to come? Show us by dressing up as who you aspire to be!

Friday, October 25th

- Theme: Lakeside Spirit Day. Show your school spirit and dress in your best Lakeside gear or colors!
- Activity: Opportunity drawing for the awesome prize during lunch.

Hydro Flask and Amazon Gift Card Raffle

Red Raffle Tickets will be collected on Friday during lunch. Students MUST put their tickets or keep the other half with the matching numbers.

Looking forward to a GREAT week!