

KEITH MIDDLE HIGH

RED RIBBON



WEEK



By: Audrey Lumpkin

OCT. 24 - OCT. 31, 2022

IT'S RED RIBBON WEEK AT KEITH MIDDLE- HIGH SCHOOL AND THIS YEAR'S THEME IS "CELEBRATE LIFE LIVE DRUG FREE."

THE ACTIVITIES FOR THE WEEK ARE AS FOLLOWS ON THE NEXT PAGES



REMINDER TO ALL TEACHERS: YOUR CLASSROOM DOORS WILL BE JUDGED ON FRIDAY OCT 31ST! STUDENTS "BEAR NEWS" ARTICLE WILL BE JUDGED ON THURSDAY OCT 30TH!



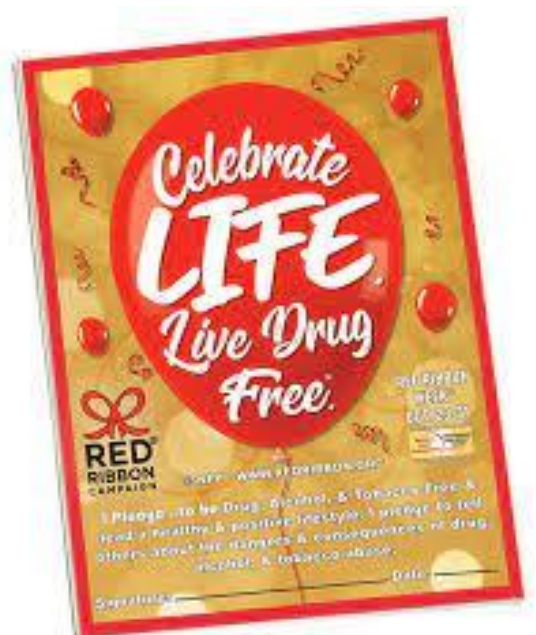
CELEBRATING LIFE & LIVE DRUG FREE



WHAT DOES IT MEAN TO BE DRUG AND ALCOHOL FREE, AND CELEBRATING LIFE?

IT FEELS GOOD TO BE DRUG FREE BECAUSE YOU FEEL HAPPIER, AND MORE PRODUCTIVE. YOU HAVE MORE ENERGY THROUGHOUT THE DAY. YOU CAN HAVE HEALTHY RELATIONSHIPS WITH FRIENDS AND FAMILY. YOU HAVE BETTER MEMORY, REDUCE HEART ATTACKS AND CANCER. YOU CAN LOOK YOUNGER AND LOSE THE UNNECESSARY WEIGHT. YOU SLEEP BETTER, BETTER SELF-ESTEEM, AND MENTAL HEALTH.

WHEN YOU'RE ALCOHOL FREE YOUR SKIN WILL LOOK BETTER, BETTER LIVER FUNCTION, BOOST YOUR IMMUNE SYSTEM, IMPROVED HEART HEALTH , BALANCED MOODS.



**MONDAY'S ACTIVITY: WAKE
UP, DON'T DO DRUGS!
STUDENTS WILL WEAR THEIR
FAVORITE PJ'S!**



**STUDENTS WILL
WEAR THEIR
FAVORITE
PAJAMAS AND
WILL SIGN A
DRUG- FREE
BANNER
COMMITTING
NOT TO DO
DRUGS!**



**TUESDAY'S ACTIVITY: STUDENTS
WILL CREATE BEAR NEWS ABOUT:
CELEBRATING LIFE AND LIVING
DRUG FREE!**



**STUDENTS
WILL MAKE
THEIR OWN
NEWS
ARTICLE AND
HAVE A
CONTEST
ABOUT BEING
DRUG FREE!
MAY THE
BEST NEWS
ARTICLE WIN!**



WEDNESDAY'S ACTIVITY: PINK OUT!

STUDENTS
WILL PINK IT
OUT IN
OBSERVANCE
OF BREAST
CANCER
AWARENESS.
HOPE DEALERS
WILL HAVE A
PEP RALLY
FROM 2:00
TILL 2:30!



PEP RALLY!



THURSDAY'S ACTIVITY: SADDLE UP COWBOYS AND COWGIRLS WEAR YOUR WESTERN ATTIRE



SADDLE UP AND
GET READY!
WEAR YOUR
WESTERN ATTIRE
TO SADDLE UP
AGAINST
BULLYING. THE
BEAR NEWS
ARTICLE WINNER
WILL BE
ANNOUNCED
TODAY! DID
YOUR HARD
WORK PAY OFF?
LET'S SEE TODAY!



FRIDAY'S ACTIVITY: DON'T BE SCARED, CELEBRATE LIFE LIVE DRUG FREE!!



THE DOOR CONTEST WINNER WILL BE ANNOUNCED FOR MIDDLE AND HIGH SCHOOL TODAY! DID YOUR DOOR MAKE THE CUT?

