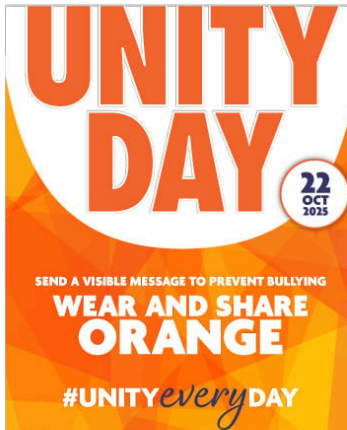


# October School Counselors' Newsletter

Dear Parents/Caretakers,

The students of Poland McKinley and Middle School will be participating in *Red Ribbon Week*, *Unity Day*, and pledging to “Accept, Include, and Respect students of all abilities” for *World Down Syndrome Awareness*.

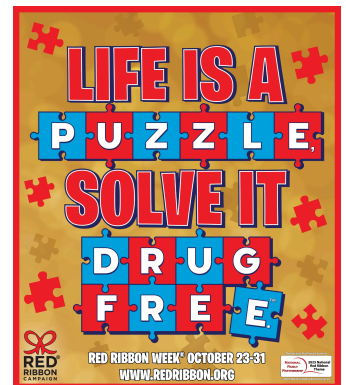


On **Wednesday, October 22,** we will be participating in Unity Day. Unity Day was started by PACER's National Bullying Prevention Center. It represents the message that our society wants to promote kindness, acceptance and inclusion to prevent bullying. The goal of Unity Day is to bring together youth, parents, educators, businesses, and community members across the nation to emphasize the message that all students deserve to be safe in school, online, and in the community. The second goal of wearing and sharing the color orange is to empower those who are bullied, and everyone around them, to speak up and reach out with kindness, acceptance and understanding. Why the color **orange**? **Orange** is a color commonly identified with the month of October and the autumn season. It is also a color that is associated with safety and visibility. It is a color described as warm and inviting, and

its vibrancy makes an impactful statement. Why just a day? The event provides a catalyst for everyone to come together with a visual statement that our actions matter not only on one day, but every day. Starting on this date through Friday, October 24, students will be encouraged to sign our pledge to “Accept, Include, and Respect students of all abilities” for World Down Syndrome Awareness Month. This pledge will be outside of the Library for K-3 students and in the cafeteria for 4-6 students.

During the week of October 27-31, we will be participating in *Red Ribbon Week*. *Red Ribbon Week* is a week-long national celebration of making positive choices and leading healthy lifestyles. Students will participate in activities each day to teach them about making positive choices and celebrating their unique strengths. See the reverse side of this paper for the activities and themes each day.

Throughout the month of October, all students will be spending portions of the month discussing and learning about the overall themes of making positive choices, leading healthy lifestyles, and accepting, including, and respecting people of all abilities. We encourage all students and staff to participate in the following themed days and activities located on the reverse side of this letter. Thank you and have a great month of October!



Warm Regards,

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