

Dear Parent and Guardians,

Students are getting ready for Red Ribbon Week 2023 – this year’s theme is: Be Kind to Your Mind. At Marion Street, students will engage in activities that promote a healthy lifestyle. Please partner with us and discuss this message at home, at the dinner table, at family outings, and with friends and extended family. Want a fun way to start or continue the conversation about living a healthy lifestyle? Please join the Marion Street Red Ribbon week Challenge.

Log onto www.redribbon.org for more information!

Red Ribbon Week Challenge

Monday: Swap the Sugar	Students drink only water and/or milk for the entire day. The entire family can join this challenge.
Tuesday: Taste Bud Challenge	Students try a new fruit or vegetable. Families can try a new fruit/ vegetable that is uncommon to your household, maybe even include it in your dinner.
Wednesday: At home recess	Students spend at least 30 minutes playing/ walking outside. The entire family can join this challenge.
Thursday: Screen Free	Students spend the evening without any devices (no TV’s, computers, I-pads, video game, phones etc.) Family play a game together (uno, charades, sorry, headbands etc.)
Friday: Practice Mindfulness	Students and Families practice mindfulness, talk about feelings, do some yoga. Bonus Challenge: Watch Inside Out movie and learn all about feelings.