

RED RIBBON WEEK - NOV. 16TH-20TH

BE HAPPY. BE BRAVE. BE DRUG FREE.

MONDAY, NOVEMBER 16TH - HAT DAY - Use your brain to say NO! to drugs.

Drugs can change the way you think, act, and your ability to learn. Saying NO will keep your brain healthy and happy.

TUESDAY, NOVEMBER 17TH - JERSEY DAY - Sport your favorite team jersey and remember Oakdale is a great team that you are a part of! Moving your body 60 minutes a day through sports and play helps to keep your body strong.

WEDNESDAY, NOVEMBER 18TH - CRAZY HAIR DAY - Just like like your hair can be any color of the rainbow, what you eat should be a rainbow too! Try making a healthy rainbow of different colored foods on your plate.

Fruits: strawberries, bananas, pears, oranges, melons, avocados

Veggies: cooked spinach, carrots, peas, sweet potatoes, beets

Whole grains: whole grain breads, crackers, pastas

Meats: soft, small pieces of beef, lamb, chicken, fish, or turkey

Dairy: pasturized yogurt, cheese, and milk



THURSDAY, NOVEMBER 19TH - PAJAMA DAY - To keep our bodies and minds in tip top shape for learning and growing, the CDC recommends 9-12 hours of sleep for elementary age children.

FRIDAY, NOVEMBER 20TH - ONLINE KINDNESS - Send a kind message to someone.

Our words online impact the people on the other side of the screen. Send a kind note that will uplift someone today!

