


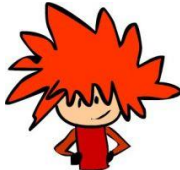










Red Ribbon Week



OCTOBER 21ST THRU OCTOBER 25TH

Celebrating Making Healthy Choices with your Mind, Body and Heart

Monday, 10/21	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25
<p>Orange you RED-Y to make healthy food choices</p>	<p>Use your mind to be kind</p>	<p>The future is yours. Be positive</p>	<p>Team up and work together</p>	<p>Roadrunners, in a world where you can be anything, be kind</p>
				
<p>Wear a bright colored shirt to match your favorite fruit or vegetable</p>	<p>Be free, and wear crazy hair or crazy socks</p>	<p>Inspire yourself and others with a college shirt</p>	<p>Wear your favorite sports team shirt</p>	<p>Wear your MHS spirit shirt, green shirt or yellow shirt today</p>
				
<p>Activity: Lettuce harvest healthy eating habits with a fruit and veggie relay</p>	<p>Activity: Working together, while practicing mindfulness</p>	<p>Activity: YMCA will coordinate a positive focused game</p>	<p>Activity: YMCA has fun sports activities</p>	<p>Activity: Showing off your school spirit for MHS before the Halloween festivities</p>