



PS34 Oliver H. Perry Elementary School

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Red Ribbon Week and Get NY Moving Week at PS 34
October 22nd to October 26th, 2018

Red Ribbon Week is a time to focus on making positive and healthy choices in all areas of life.

Get NY Moving Week is a state initiative that promotes physical fitness and will be explored during Physical Education and dance classes throughout the week.

The purpose of Red Ribbon week is to improve self-esteem and self-awareness in our children so that they are motivated to make good choices for themselves and their future. Throughout this week, students in Kindergarten through grade 5 will engage in daily discussions about how to make good choices so that they can feel healthy and happy both physically and emotionally.

Red Ribbon Week activities:

10/22 Monday - To kick off Red Ribbon week, students and staff will be given Red Ribbons to wear for the day.

10/23 Tuesday- Discussions about how to be physically healthy (playing sports, eating healthy, personal hygiene, exercise, sleeping, limiting screen time)
Go over Do's and Don'ts of this topic (Do chose to eat fruits and exercise, Don't spend too much time playing video games).

10/24 Wednesday- Discussions about Mental Health (what do you do to keep your mind happy and healthy, what do you enjoy doing with your family, what do you like to read, where do you like to go on vacation, who are your friends and what do you like to do with them? Who can you turn to when you need to talk to somebody?)Go over Do's and Don'ts of this topic (Do ask for help if you are feeling sad or angry, Don't isolate yourself or feel alone)

10/25 Thursday- Activity- Have classes write on chart paper or sticky notes "What is your Red Ribbon Week Resolution to be happy and healthy this year?"

A resolution is a promise you make to yourself that you are going to do things to become happier and healthier (eat apples, exercise, drink water, play outside instead of playing video games).

10/26 Friday- Wear Red to end Ribbon Week.

