



March 30–April 3, 2020

FRES Virtual Spirit Week

"Adventure Awaits! Come find it at FRES!"

Send us Photos!

Monday, March 30

This is "**National Pencil Day!**" Celebrate by writing someone a letter (or a poem)! With your parents' or guardians' permission, you could surprise them by sending it through the mail! Handwritten notes are very special keepsakes and will brighten someone's day!

Think about... first responders in Powhatan, doctors & nurses (anyone in healthcare), or anyone you consider a hero!

Looking for something fun to do? Join us as we celebrate with a virtual spirit week! Participation is completely optional. Do just one day or challenge yourself to complete all five days!

Tuesday, March 31

This is "**National Crayon Day!**" Celebrate by opening up a box of crayons (or any fun coloring tool) and draw a picture! A picture of anything that makes you happy and puts a smile on your face!

Wednesday, April 1st

Happy April Fools Day! It's also "**National Walking Day!**" This has been sponsored by the American Heart Association since 2007. Take a walk today with someone you love!

Thursday, April 2

This is "**World Autism Day!**"

Celebrate by wearing your most festive, **colorful** socks!

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.

According to the Centers for Disease Control, autism affects an estimated 1 in 59 children in the United States today.

For more information, visit www.autismspeaks.org



From Mrs. Nelson and Dr. Powers



We miss you **more** than we can say! Please know that we think of our students, teachers, staff, parents, and families **daily**. Keep your chin up, stay positive & focused on those you **love**, and we'll get through this **together!**

Friday, April 3

This is "**National Find a Rainbow Day!**"

Spread around your sunshine by performing a simple random act of kindness!

You can draw a rainbow with chalk on your sidewalk or driveway (or make one with Legos!), you can smile and wave at people, you can text someone that you love them! There are tons of ideas—get creative and have fun!

Send us Photos!