## CONNECTING WITH THE SCHOOL COUNSELOR



#### Red Ribbon Week Oct. 27-30th

Monday – Life Is A Puzzle, Solve It Drug Free!

Wear red to kick off Red Ribbon Week!

Tuesday- My Dreams Don't Need Drugs!

Wear your pajamas (appropriate for school).

Wednesday- Put A Cap On Drugs! Wear your favorite cap or hat.

Thursday- Real Heroes Don't Do Drugs or Bullying!

Wear a superhero shirt or a cape.

# WEDNESDAY, OCTOBER 22, 2025 WEAR AND SHARE ORANGE

Send a visible message of kindness, acceptance, and inclusion to prevent bullying.

#### Happy, Healthy Kids TIP

When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing them, help the child name their feelings. Then, practice a coping skill.

#### We are Learning!

Bullying -when someone intentionally says or does something hurtful over and over again

Responsibility – doing what you are suppose to do, and doing your best job

Integrity – doing the right thing, even when no one is looking

### Let's CONNECT!

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