

Roxbury School District

October is the month to acknowledge a drug free life as well as to show kindness and compassion to others. October 5-11th is designated as the "Week of Respect," October 19-23rd is "School Violence Awareness Week," while October 26-30th is "Red Ribbon Week." This month is devoted to creating a healthy, drug and violence free America.

This year the Roxbury School District will acknowledge this important month with a district wide theme of "**Be the Reason Someone Smiles Today.**" The students in the district will be given the opportunity to participate in daily October challenges that show their commitment to kindness, respect and healthy choices.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: center;"><u>Bonus Challenge</u></p> <p>The Roxbury food pantry is always in need of items! Donate an item, take a picture and send it to us for a chance to win a gift card!</p>	<p>Donate an item, take a picture and send it to us for a chance to win a gift card!</p>		<p style="text-align: center;"><u>1</u></p> <p>Hold the door for 3 people.</p>	<p style="text-align: center;"><u>2</u></p> <p>Give 2 people compliments.</p>
<p style="text-align: center;"><u>5</u></p> <p>Offer help or support to a student in class who needs it</p>	<p style="text-align: center;"><u>6</u></p> <p>Tell someone why you appreciate them. Wear BLUE to stomp out bullying.</p>	<p style="text-align: center;"><u>7</u></p> <p>Compliment a peer or a staff member Wear BLUE to stomp out bullying.</p>	<p style="text-align: center;"><u>8</u></p> <p>Send an encouraging email to a teacher or friend.</p>	<p style="text-align: center;"><u>9</u></p> <p>Talk to 2 people you don't normally talk to.</p>
<p style="text-align: center;"><u>12</u></p> <p>No school Columbus Day</p>	<p style="text-align: center;"><u>13</u></p> <p>Care about your school! Clean up trash you see left behind.</p>	<p style="text-align: center;"><u>14</u></p> <p>Be a good sport! Wish an opponent good luck and thank them no matter the outcome.</p>	<p style="text-align: center;"><u>15</u></p> <p>Tell 3 people to have a nice day.</p>	<p style="text-align: center;"><u>16</u></p> <p>Tell 3 friends how they bring positivity to your life.</p>
<p style="text-align: center;"><u>19</u></p> <p>Be kind to yourself and have a healthy snack.</p>	<p style="text-align: center;"><u>20</u></p> <p>Ask someone how you can help them. Wear PURPLE as a symbol of peace and anti-violence.</p>	<p style="text-align: center;"><u>21</u></p> <p>Compliment someone for doing something kind Wear PURPLE as a symbol of peace and anti-violence.</p>	<p style="text-align: center;"><u>22</u></p> <p>Say thank you to a teacher and let them know you appreciate them</p>	<p style="text-align: center;"><u>23</u></p> <p>Try a new exercise to de-stress!</p>
<p style="text-align: center;"><u>26</u></p> <p>Come up with a personal goal about healthy living.</p>	<p style="text-align: center;"><u>27</u></p> <p>Be kind to yourself by doing something you enjoy. Wear RED to pledge making good choices and being drug free.</p>	<p style="text-align: center;"><u>28</u></p> <p>Identify 2 support people in your life and tell them. Wear RED to pledge making good choices and being drug free.</p>	<p style="text-align: center;"><u>29</u></p> <p>Respect yourself - be drug free/make healthy choices!</p>	<p style="text-align: center;"><u>30</u></p> <p>Tell your parents/guardians you appreciate them, clean the house, make dinner.....</p>

Sincerely,

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