

## Awareness Week

10/18/21-10/22/21

The month of October brings attention to many different issues that we should all be aware of. By participating in these awareness weeks, we are rallying together and showing support.

During the week of October 10/18-10/22, we will be showing our support for **Red Ribbon Week** and **School Violence Awareness Week**. **Red Ribbon Week** is nationally recognized and celebrated as a symbol of support for efforts to reduce drug use through youth prevention and education programs.

In Accordance with the New Jersey School Association (18A:36-5.1) all schools are required to annually designate the third week in October as **School Violence Awareness Week**. School districts observe this week by providing age-appropriate instruction to discuss methods for keeping schools safe from violence, to consider school safety and security plans, and to learn how to recognize students in need of help. The conversation topics we will be covering in school are listed with the themes below. Please feel free to follow-up at home as appropriate. As always, we thank you for your support.

**Monday: “Let’s Keep the Peace”- Wear tie-dye clothing and/or clothing with a message that promotes peace.**

**Monday’s Conversation** - Discuss peaceful ways to deal with anger. Emphasize how staying calm and peaceful and pausing to think before acting can benefit all.



**Tuesday: “Chesterfield Elementary School Cares”- Wear Chesterfield’s school colors of blue and gold to show unity against school violence.**



**Tuesday’s Conversation** - List ways we can show people we support and care about them.

**Wednesday: “It’s A Bright Idea to be Violence Free”- Wear bright colors.**

**Wednesday’s Conversation-** Sometimes we cannot deal with conflicts alone. Know who to go to when you need help resolving a conflict.



**Thursday- “Wear Red For Red Ribbon Week”- Wear red clothing.**



**Thursday’s Conversation-**List 3 coping skills you can do when you are feeling overwhelmed. Coping Skills are an integral part of a self-care routine. Understanding and utilizing healthy coping skills can help you avoid unhealthy habits.

**Friday: “Brighten someone’s Day”- Dress up for picture day!**



**Friday's Conversation-** Share ways to brighten someone's day. A simple hello can make someone's day much happier! Never underestimate kindness.