

Greetings to all Red Ribbon Week Chairs!

Hello and happy 'almost' Fall! I am S. Monique Guilford and I am the 2015-2016 Red Ribbon Week specialist for the ECCC. I am honored to be working with such fantastic leaders in our dynamic Council. The suggested date for ECCC schools to observe Red Ribbon Week is **October 26th through October 30th**. However, Red Ribbon Week may take place at your school during any week in October.

Red Ribbon Week was started almost 30 years ago as a show of solidarity and commitment to living a safe, healthy, and drug-free life. The campaign is *traditionally* designed to create awareness concerning the problems related to the use of tobacco, alcohol, and other drugs and to support the decision to live a drug-free lifestyle. You can customize the program for your school and students to make it appropriate. To accommodate all grade levels, ECCC's theme for Red Ribbon Week is geared towards encouraging students to make good choices all around -- academically, socially, and nutritionally.

Some suggested activities for your Red Ribbon week are:

Superhero Day: Wear your favorite superhero t-shirt to show that you have the power to make good choices every day.

Sock it to Unhealthy Choices Day: Wear crazy socks this day to sock it to bad food choices or drugs and alcohol.

Twinning Day: Dress the same as a friend -- to show how good it is to be a friend to others or to make new friends, or to show that you and a friend can make good choices together!

If your school has been more traditional with Red Ribbon Week, GREAT! We want to encourage all schools to do what works best and is age appropriate for the students. Please view the attached flyer for additional information and links for Red Ribbon Week ideas. I would like to encourage all schools to choose activities/events for Red Ribbon Week that are fun, creative and memorable for the students and teachers.

I am just a text, phone call or email away if you have any questions or need additional support. Please email me at smgedd2012@hotmail.com or call and/or text me at 770-895-6021. I look forward to hearing from you soon.

Respectfully,

S. Monique Guilford, Ed.S
2015 – 2016 Red Ribbon Week Specialist