

Commack Public Schools



North Ridge Primary School



Katherine Rihm
Principal

Red Ribbon Week

Monday, October 25th - Friday, October 29th

Red Ribbon Week is the perfect time to teach the children in our school community the importance of making the right choices when faced with difficult decisions and making good choices in order to be healthy.



Monday, October 25th

"Love Yourself and Make Great Choices!"

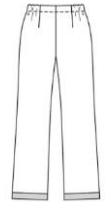
Wear Red, Pink or Hearts

Students are encouraged to bring a healthy red snack to school.

Tuesday, October 26th

"Making Good Choices is no Sweat!"

Wear Sweatpants



Wednesday, October 27th

"Show Your Love for North Ridge and for Yourself!"

Dress in Spirit Wear



Thursday, October 28th

"We are shining with great choices!"

Wear gold, orange or fall colors










Friday, October 29th

"Celebrate and Cheer for Good Choices!"

Wear Halloween Costumes - Fall Celebrations



Here are some other great family choices!

-  Play a board game
-  Have a TV free night
-  Take a walk after dinner
-  Go for a bike ride
-  Go on a leaf hunt
-  Make dinner together
-  Try a new healthy food

