~Red Ribbon Week 2016~

Dear Parents:

Next week, October 24-28, is Red Ribbon Week. During Red Ribbon Week, we participate in a national campaign focusing on positive, healthy choices to remain drug-free. October is also National Bullying Prevention Month, so we will include lessons and messages to put a stop to bullying.

This week will be filled with activities and treats, but key chains and candies don’t change behavior. It takes a real partnership between school and family to increase awareness and reinforce positive decisions. Here are some ways you as parents can help keep your children safe and drug-free:

1. Talk to your children about your rules and expectations – often, not just one time.

2. Take advantage of TV reports, commercials, and other media to help you introduce the topics of drug use and bullying in a natural, unforced way.

3. Be a good listener and be honest when answering their questions.

4. Don’t react to their questions or comments in a negative way that will cut off further discussion.

5. Model safe, healthy choices and kind, respectful behavior. Children learn more from your actions than from your words. Choose to be a parent who role models the behaviors they desire from their children.

6. Supervise, supervise, supervise! Fact: Children are most likely to experiment with drugs between 4-6 PM. If a child is supervised, experimentation is less likely. Keep them busy with activities. When your children are away from home, drop in at parties with snacks. Check with other parents that they will be present. Make sure they have adult supervision. Supervision is a key to prevention.

We look forward to a successful and fun Red Ribbon Week! As the week progresses, ask your children about our activities, like the Bike & Pedestrian Safety Presentations on Monday, Distracted Driving Simulation on Wednesday, and Rockin’ Recess on Thursday. Also, Wednesday, October 26 is **Wear Red Day**. Your children can wear red shirts, red socks, and red hair bows, with their uniform bottoms. And, Friday will be our annual Fall Pep Rally! Geaux Pelicans!

Thank you for your role in prevention for your children, for our community, and for our future!

Blessings,

Michelle DiBenedetto, LCSW

School Counselor

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