

## *From Your Ridgecrest Counselors*

This month at Ridgecrest, students will take part in Yellow Ribbon Week. This year's theme focuses on *What Inspires You to be Unique*. Students will participate in weeklong programming geared towards celebrating their differences making them aware of how their actions and words can have a positive or negative impact on their peers and how to support one another. By the end of Yellow Ribbon Week students will be empowered to be supportive of each other and recognize when a peer may be in need of a friend. We are fortunate to have a caring group of students and staff at Ridgecrest, and look forward to the upcoming week of events!

### *Yellow Ribbon Week Activities*

- Door Decorating Contest – Students will decorate their 4<sup>th</sup> period doors using the theme of the week, *What Inspires You to be Unique* (All week)
- Assemblies – John O'Sullivan will speak to students about being their best selves and making healthy choices (Tuesday)
- Wear Yellow Day – Students dress in all yellow clothing (Wednesday)
- Anti-bullying Performance – At lunch on the outdoor stage (Wednesday)
- Inspiration Grams – Send a note to someone who inspires you at lunchtime (Thursday)
- Wacky Pajama Day – Wear your most unique set of pajamas to school as part of expressing your uniqueness (Friday)

### *Ways to Celebrate and Encourage Individuality*

- Listen and ask questions
- Let your child try many different activities
- Be patient and understanding
- Ask for your child's opinion

### *Parent University*

Please join us next week to hear John O'Sullivan speak about *Changing the Game: The Secrets of Coaching and Parenting High-Performing Athletes*.

- RIS on Tuesday, January 19 at 6:00pm
- PVIS on Wednesday, January 20 at 6:00pm
- MIS on Thursday, January 21 at 6:00pm

For more information check out,  
[www.ChaggingTheGameProject.com](http://www.ChaggingTheGameProject.com)

### *Recommended Reading/Website*

[www.yelloweribbonweek.org](http://www.yelloweribbonweek.org) – provides specific information for parents, educators, and students relating to suicide prevention and awareness

[The Power to Prevent Suicide: A Guide for Teens Helping Teens](#) by Richard E. Nelson, Pamela Espeland, Judith C. Galas, and Bev Cobain

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