# Week of Respect Spirit Week Monday, October 4<sup>th</sup> – Friday, October 8<sup>th</sup> 2021

### Monday, October 4th: "Let Respect Shine"

Celebrate Respect by wearing your brightest, shiniest, or sparkly shirt or outfit.

Students – Pledge to make your peers feel included by showing mutual respect and compassion. Discuss with your family and/or classmates how you can include others.

## Tuesday, October 5th: "Everyone Counts Day"

Wear clothing with a number on it because we all matter!

Students – please participate in Random Acts of Kindness, such as smiling or waving at someone, giving someone a compliment, drawing a picture for someone, or calling a friend or family member.

## Wednesday, October 6th: "Wellness Wednesday"

Wear your pajamas or comfy clothes. Be thoughtful about how you show respect to others and to yourself!

Students – Please make sure to give at least one compliment to someone, and at least one compliment to yourself! Also, write one thing that you like about yourself.

#### Thursday, October 7th: "HERO Day"

Be a HERO, which stands for Help, Encourage, Respect, and Others.

Wear a superhero shirt and show your superhero ability by being helpful and respectful, encouraging each other, and doing Random Acts of Kindness.

Students – Please discuss with your family and/or classmates the ways you can lend a hand to others, then choose one and make sure to lend a hand at home, school, or in the community.

#### Friday, October 8th: "Stand Up Against Bullying; United We Stand"

Wear Nutley colors (Maroon, Grey, White) to show respect for our school, our classmates, ourselves, and our community!

Students - Let's keep the respect and kindness going throughout the year! Discuss with your family and/or classmates what you can do to keep the kindness going.