

Monday October 1: Blue Shirt Day: Stomp Out Bullying Day



Wear **BLUE** today to show that our school **LOVES** kindness

Fact: Peace is a state of harmony, quiet, or calmness. We enjoy peace at the E.C.C. where everyone is kind to one another.

CHALLENGE: Teach another student how to do something new.

Tuesday, October 2: Be Comfortable with Yourself and Others

Students will wear **COMFORTABLE CLOTHES**- sweatpants, pajamas, comfy T-shirts. Stretch and movie time!!



Fun Fact: When you exercise, which is one way to take care and respect yourself, your brain releases a chemical called **endorphins** (say: en-DOR-funz), which may make you feel happier.

CHALLENGE: Sit with a new friend at lunch-time today.

Wednesday, October 3: Team Up Against Bullying

Students are asked to wear their favorite sport's team's shirt, jersey, or gear.

Fun Fact: Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself.

CHALLENGE: Think about something that makes you special and share it with someone.



Thursday, October 4: Super Hero Day

Today all students and staff will wear super hero attire. No masks will be permitted.



Fun Fact: In 1997, the United Nations named Winnie - the Pooh, the famous cartoon character as the world's Ambassador of Friendship.

CHALLENGE: Tell someone how much he/she means to you today.

Friday, October 5: ECC Spirit Day

Today, all students and staff will wear jeans with their ECC Friendship shirts (the teachers will give your child the shirt)

Fun Fact: The word Mascot comes from France and it means "Good luck charm, or symbol"

CHALLENGE: Give yourself and a friend a compliment today because you are all awesome!

