

# Let's Get Ready to...

## MIX IT UP!!

### What is Mix It Up?

Mix It Up at Lunch Day is a national campaign that encourages students to identify, wonder, understand, and cross social boundaries. In recent national surveys, students identified the cafeteria as the place where divisions are most clearly noticed. So, on one day, October 23rd, we are asking students at Monee Elementary School to move out of their “comfort zones” and connect with someone new over lunch. This simple interaction across group lines can help reduce prejudice and biases and misconceptions fall away.

Monee Elementary would like to take Mix It Up Day one step further, by lengthening our celebration into five days.

Here is a little bit of what we have in store for next week.

#### Monday, October 22nd

- **I Am a Super H.E.R.O: Hard worker. Empathetic. Respectful. Original.**
- I am RED-y to be the BEST me! As we kick off Red Ribbon Week, wear red today to show YOU are ready to take a stand--a stand against bullying, a stand against intolerance, and a stand against negative peer pressure.

#### Tuesday, October 23rd

- **Celebrate Your Inner Superhero!**
- Take pride in being YOU-nique and celebrate our differences! Mix up your look and dare to be different! Mis-match your clothes or wear it on backwards, whatever you choose!
- Students will MIX IT UP at lunch by eating with a different grade level but also MIX IT UP for an afternoon project!

#### Wednesday, October 24th

- **Let's UNITE To Do What's RIGHT!**
- 'Orange' you glad you're not alone? Today is PACER's National Unity Day. This is a day everyone can come together in schools, communities, and online to send one large **ORANGE** message of support, hope, and unity to show that together we can unite against bullying and peer pressure, and stand up for kindness, acceptance and inclusion.

#### Thursday, October 25th

- **Sometimes YOU have to be your OWN Superhero!**
- Be responsible--follow your dreams not others. Think for yourself, do what is right, and stand up to negative peer pressure! Show your commitment by dressing as your future self. What do you want to be when you grow up?

#### Friday, October 26th

- **Be Brave--Fight for Justice!**
- Be assertive, speak up for what is right, and solve problems safely! Wear your favorite superhero shirt or attire to show that you are ready to 'save the day' and solve problems in a safe way! [NO masks, weapons/accessories]