**“Power of One” Week**

**St. Vincent de Paul Catholic School**

**October 27-30, 2014**

**The last weeks of October are focused on Drug Education across the nation. At SVdP, we build on the theme of drug abuse prevention by highlighting other healthy and positive choices.**

**Our “POWER OF ONE” theme encompasses several messages: drug, alcohol and tobacco awareness, health and wellness, and bullying prevention. The overall message is that each person has the emotional, physical and spiritual power to make wise choices each and every day.**

**Monday, October 27th**

**Theme: Drug Education**

**OPENING CEREMONY** in the courtyard (gym if rain) at 8:10 a.m.

o Drum-line, choir & cheerleaders

**Speaker:**

**Alley Theatre: Oskar and the Big Bully Battle**

o Pk-5th at 8:30 (PFC)

**Aim For Success: Drug Education Presentation**

o Parent Presentation 11:00 a.m. -12 p.m. (MJFC)

o 6th Grades: at 12:30 p.m.- 1:20 p.m. (MJFC)

o 7th grade at 1:20 p.m.– 2:15 p.m. (MJFC)

o 8th grade at 2:15 p.m.– 3:10 p.m. (MJFC)

**Tuesday, October 28th**

**Theme: Christian Meditation**

**Speaker:**

**Pat King from the World Community for Christian Meditation**

o Parent Presentation at 8:10 a.m.

o K presentation at 9:00 a.m.

o 1st grade presentation at 9:30 a.m. (MJFC)

o 2nd grade presentation during Religion

**Campus Wide Meditation**

o 8:00 a.m. meditation led by Mrs. Sears or Msgr. Bill on PA or Active Board

o Mid-day teacher-directed meditation (before or after recess or lunch)

o 3:00 p.m. meditation led by Mrs. Sears or Msgr. Bill on PA or Active Board

**Wednesday, October 29th**

**Theme: Yoga & Physical Health**

**Teacher:**

**Molly Donovan**

o 1st, 2nd, 3rd & 4th grades during PE

**Devon Warner**

o Middle School during PE

**Thursday, October 30th**

**Theme**: **Gratitude “Thankful Thursday”**

**Teacher-directed activities:**

o Count your blessings today and give thanks to God for everyone’s unique gifts!

o Gratitude matters.

**Gratitude Jar to be displayed in office and filled through the week with words of thanks.**

**Gratitude Graffiti Wall will be created and displayed in Middle School Religion room.**

**THROUGHOUT THE WEEK**

**LESSON PLANS (All grades):** Teachers will share at least one lesson during the week focused on making wise choices for our health and in how we treat each other. Lessons can include information on drug awareness, bullying prevention, meditation and gratitude.

**Religion:**

o Christian Meditation practiced during Religion throughout the week.

o Gratitude Graffiti Wall will be created and displayed in Religion class room.

**Middle School Reflective Essay on “Aim For Success” Presentation**

**Big & Little Buddies: Morning Prayer**

o Pairs work together to write a prayer that incorporates the theme of gratitude.

o Five are chosen to read their prayer during morning announcements.

**Buttons with the Power of One logo**

Buttons for students and faculty will be distributed at the end of each day in homeroom.

**CONTACTS:**

**Lisa Gasper – Enrichment Chair**

**gasperfamily@sbcglobal.net**

**Maria Jose Redondo – Enrichment Chair**

**mariajose.redondo@gmail.com**

**Kimberly Hight – Counselor**

**Khight@svdp-edu.org**