

Virginia Run Be a H.E.R.O. Spirit Week!

November 18 <u>Monday</u>	November 19 <u>Tuesday</u>	November 20 <u>Wednesday</u>	November 21 <u>Thursday</u>	November 22 <u>Friday</u>
Being KIND IS NO Sweat	BE A HERO!	EVERYONE COUNTS	OTHER PEOPLE MATTER!	PINK OUT!
Dress in athletic wear 	Dress up like your favorite HERO!  	Wear a jersey with a number 	Wear GREEN to show your commitment to the Positivity Project! 	Wear your Be A Hero or Stand Up 2 Bullying shirt, or something PINK.  

Be a Super H.E.R.O.

We pledge to **HELP**, **ENCOURAGE**, and **RESPECT OTHERS**.

We will not stand by while others are bullied.

We are brave! We report bullying.

If we see something, we say something because

WE STAND UP TO BULLYING!

Visit <https://www.pinkshirtday.ca/> for the story that started it all.