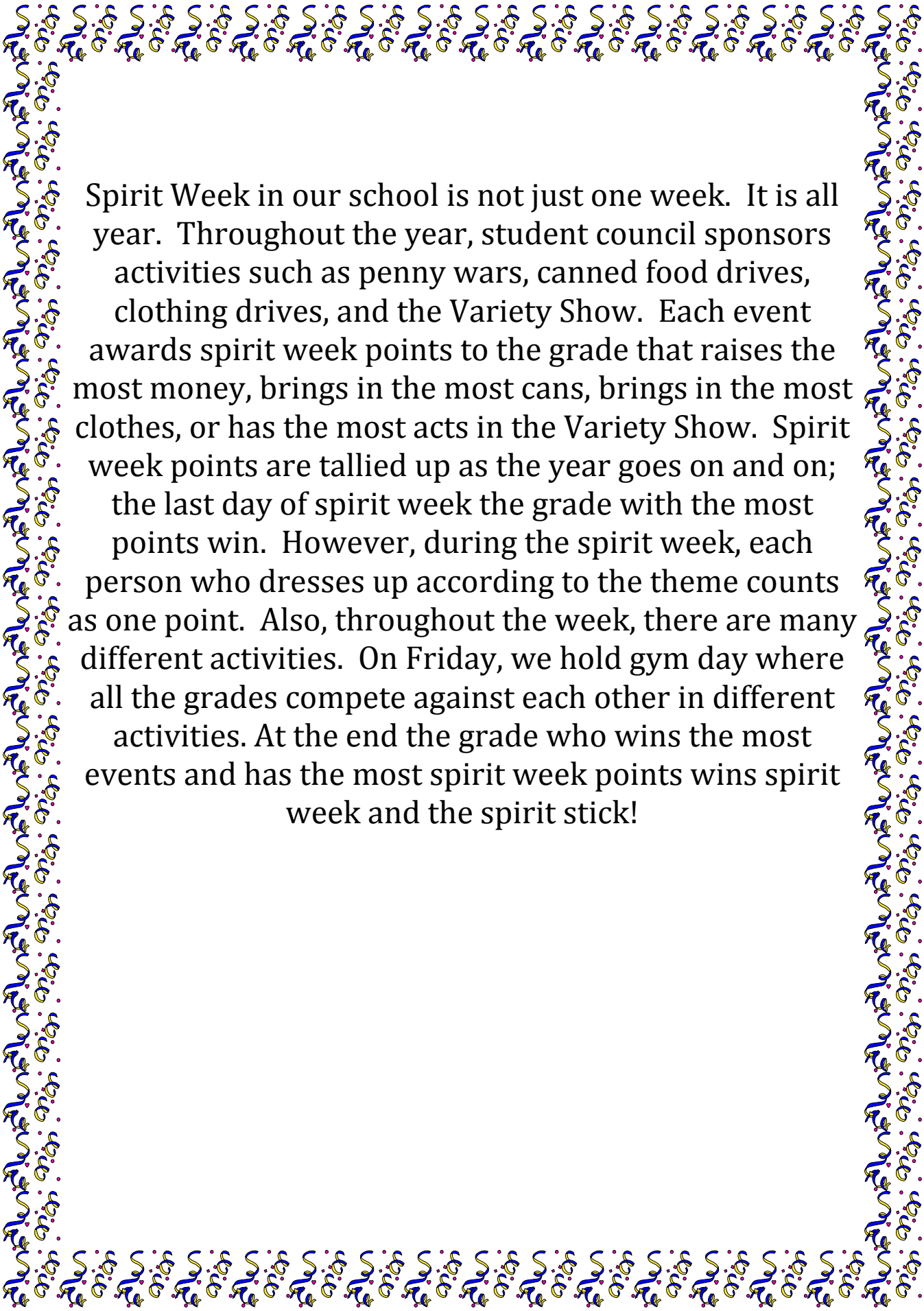


Spiritual Health

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Spirit Week in our school is not just one week. It is all year. Throughout the year, student council sponsors activities such as penny wars, canned food drives, clothing drives, and the Variety Show. Each event awards spirit week points to the grade that raises the most money, brings in the most cans, brings in the most clothes, or has the most acts in the Variety Show. Spirit week points are tallied up as the year goes on and on; the last day of spirit week the grade with the most points win. However, during the spirit week, each person who dresses up according to the theme counts as one point. Also, throughout the week, there are many different activities. On Friday, we hold gym day where all the grades compete against each other in different activities. At the end the grade who wins the most events and has the most spirit week points wins spirit week and the spirit stick!



1. Themes

- Think of a different theme for every day.
- Make each day exciting and unique.
- Try to get everyone involved with the themes.
- Theme examples: **Versus day** (Angel vs. Devil, Cowboys vs. Indians, etc.), **Famous Forever Day** (Anyone famous), **Fashion Disaster Day** (not matching and looking terrible), **Senior Citizen Day**, **Disney Day** (dress like a Disney character), **Super Hero Day**, or any more you can think of!



2. Throughout the Week

- During the week of spirit week, many different events are held. Each event awards spirit week points.
- Some of the events are a Watermelon Eating Contest, Madden Tournament, Academic Bowl, Spelling Bee, Cooking Contest, Human Chess, Art Contest, and any others you can think of!



3. Gym Day

- Gym day is when all the grades gather in the gym for the whole day and compete against each other in various events.
- Some of the events include 3on3 basketball, volleyball, wacky relay races, obstacle courses, tug-o-war, spirit dance (grade comes up with a dance to perform), dodge ball, boardwalk, pie eating contest, football throw, hula-hoop contest, handstand contest, ping-pong, and anymore you can think of!