

# RISEVT VIRTUAL CALENDAR

## October - Substance Use Prevention Month (Grades: K-5)

### TWO WAYS TO WIN PRIZES:

- 1 - From Franklin County Caring Communities (FCCC) and Franklin Grand Isle Tobacco Prevention Coalition - Post pictures, videos, or comments of ANY activity on FCCC's FB page and tag them, Rise VT - FGI & FGI Tobacco Prevention Coalition. Prizes will be given throughout the month. #ShowUpForHealthVT
- 2 - From RiseVT - At the end of the month, email your calendar (half of the items must be complete) to [jfrost@nmcinc.org](mailto:jfrost@nmcinc.org) or [bcherrier@nmcinc.org](mailto:bcherrier@nmcinc.org) and RiseVT will give prizes for 1 classroom and 1 family.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mindfulness		Walking		Photo	
				1 Youth Media Literacy 101: Choose 1 lesson from <a href="https://mediasmarts.ca/teacher-resources">https://mediasmarts.ca/teacher-resources</a>	2 Think of 3 things you are grateful for. Take a photo of one and post it on Franklin County Caring Communities FB page.	3 Simple Pleasures: Take some time to read a book, go for a walk, apple pick, cook/bake, etc.
4 6:30 PM Parent Café - VT Youth Project Information for families of MVU, Richford Jr./Sr. HS & Enosburg Falls Middle & HS. <a href="#">Zoom Meeting ID: 811 5796 0382</a> , Passcode: 177337)	5 Give Me 5: A very quick, very useful breathing exercise. Go to <a href="https://risevt.org/risevt-playground/give-me-five/">https://risevt.org/risevt-playground/give-me-five/</a>	6 Food Marketing Media Literacy. Choose 1 lesson on food marketing from <a href="https://mediasmarts.ca/teacher-resources">https://mediasmarts.ca/teacher-resources</a>	7 Head out for a walk and look for a tree in fall foliage, fall flower in bloom, a bird. Take a photo and post.	8 Media Literacy 101. Choose 1 lesson on alcohol media from <a href="https://mediasmarts.ca/teacher-resources">https://mediasmarts.ca/teacher-resources</a>	9 Take and post a picture representing "The beauty in my neighborhood."	10 Check FCCC or the FGI Tobacco Coalition's Facebook pages for self care tips. Make sure to comment.
11 1:00 - Mental Health First Aid discussion for adults. Learn how a healthy mind aids in substance misuse prevention <a href="#">Zoom Meeting ID: 853 4229 1664</a> Passcode: 281952	12 Explore Your Heritage - Talk to family members about your family heritage and join in to the Swanton Totem Pole Dedication (FB Event)	13 Media Literacy 101. Choose 1 lesson on tobacco from <a href="https://mediasmarts.ca/teacher-resources">https://mediasmarts.ca/teacher-resources</a>	14 Head out for a walk and answer the question: "How could I help make walking in my neighborhood safer?"	15 6:30 PM Parent Café: A discussion about the stressors facing teens. Also hear live from VSP on how to help our teen drivers be safer on the roads. <a href="#">Zoom Meeting ID: 816 6419 8185</a> Passcode: 356033	16 Take and post a picture representing "Healthy things in my community."	17 National Red Ribbon Week, print out the Red Ribbon Theme sign from the FCCC FB page or make your own, go for a walk and post a photo that shows us you're committed to living drug free.
18 1:00 - Youth Mental Health First Aid for youth and those who work with youth. Awareness about mental health & prevention. <a href="#">Zoom Meeting ID: 843 6677 9881</a> Passcode: 952939	19 Reflect on: How YOU can be a better you in 2021.	20 Make sure that you are outside today more than you are on a screen.	21 Take and post a photo of "How many cigarette butts, alcohol cans, disposable masks or gloves did I see on my walk?"	22 Before eating a meal, say thank you for the food in front of you.	23 Take and post a photo of What inspires you to stay drug free?	24 Prescription Drug Take Back Day : Remove unneeded medications from your home. See the FCCC FB page for more info and locations.
25 6:30 - Parent Café: Smart Approaches to Marijuana - discussion about what we can do to protect families and youth. <a href="#">Zoom Meeting ID: 849 6194 4807</a> Passcode: 899422	26 Reflect on: How WE can be stronger together in 2021.	27 Go device free for 2 hours - no TV, phone or tablet.	28 Discuss some ways laws help protect youth from substance use and help keep them safe? Post your ideas.	29 Go to the FCCC FB page and take the National Red Ribbon Campaign Pledge for a drug free America. You can also see local law makers taking the pledge.	30 Be Happy! Be Brave! Be Drug Free! <a href="https://www.redribbon.org/contest">https://www.redribbon.org/contest</a>	31 Happy Halloween! Join us at the FCCC FB page for activities throughout the day. At 6:30 pm we go live with a Monster Bash! (virtual dance party with fun and games!) All ages!