

## Let's take a Royal Road Trip… #StartwithHello & River Ridge Spirit Week September 23-27, 2019



Start with Hello Week raises awareness about social isolation and educates students and the community on how to prevent it by reaching out to others who may be feeling left out, lonely or invisible. Our goal is that all Royal Knights feel a sense of belonging and celebrate what it means to be Royal by spreading caring & kindness.

Directions: Once an act of kindness is completed, get an adult at RRMS to sign for you. Complete the 15/20 squares and earn a special treat at the end of the week at lunch!				
R	0	Y	Α	
California	Texas	New York City	Washington	<b>River Ridge</b>
			DC	Spirit Day
Brighten someone's day by saying HELLO!	Say Howdy to someone you don't know!	Bring a "big apple" or snack to school to share with a friend or teacher.	Lend a helping hand to a student with their schoolwork!	Wear your Royal Spirit Gear – purple, silver, and black! Encourage others to show their purple pride!
Pick up a piece of trash on campus!	Tip your hat to greet someone!	Give someone a hug if they really need it!	Open the door for 3 people.	High 5 – 5 people you don't know!
Compliment someone's radical outfit!	Sit with a new group at lunch and/or invite someone who is eating alone to eat with you at lunch.	Tell someone you IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Introduce yourself by shaking someone's hand.	Let your teachers know that you appreciate them & that they are ROYAL!
Support the RRMS Volleyball Team vs. SSMS by attending the game at 6PM at Home. Cheer on your fellow Royal Knights!	Support the RRMS Football Team vs. BPMS by attending the game at 6:30PM at Home. Cheer on your fellow Royal Knights!	Support the RRMS Volleyball Team vs. CLMS by attending the game at 6PM at CLMS. Cheer on your fellow Royal Knights!	Make a positive post on social media!	Take a ROYAL selfie with a new and old friend!