



Gaston Elementary
Love Yourself, Love Your Neighbor
Heart Health Spirit Week

- Friday, Feb. 5th Wear Red Day! In honor of heart health awareness month, wear Red to show your support and commitment to heart health.
- Monday, Feb. 8th Love Yourself, Love Your Neighbor - Wear a shirt or hat with a positive message.
- Tuesday, Feb. 9th Neon Day - Wear neon colors to show you are too “BRIGHT” to not exercise to keep your heart healthy.
- Wednesday, Feb. 10th Cap Day - Wear a cap to show you are putting a “CAP” on bad eating habits. Share a new healthy food that you want to try.
- Thursday, Feb. 11th School Spirit - Love my school and teacher day. Wear school colors (teal and/or gray) to show your school spirit.
- Friday, Feb. 12th Health Team Day! - Wear your favorite sports shirt or team jersey to show you will team up with other family members and friends to lead a healthy life.