

# AEVIDUM WEEK

May 8 - 12, 2017

**Accept. Appreciate. Acknowledge. Care.**

Dear FES Families,

During the week of Monday, May 8 – Friday, May 12, LPC, LIC, FES, and LMS will all be participating in Aavidum Week with spirit days to show support for the concepts that make Aavidum so wonderful.

The word “Aavidum” stems from Latin roots related to the idea of, “having someone’s back” and was a student-created club initially formed in the Cocalico School District in 2004 following the tragic suicide death of a student. Since this time, the word, concept, and power of Aavidum have spread beyond one high school and moved into the halls and classrooms of middle, high, and now elementary schools across nation.

At the elementary level, the concept of Aavidum helps teach our kids about the importance of supporting and caring for each other. Students are connected to their classmates and teachers in a powerful and committed relationship of support and compassion. Students learn signs of sadness in others as well as themselves. With this information, they also learn what to do in order to help have someone’s back during these emotional times. Finally, students are empowered to search for and find their own strengths and life gifts, learning about what makes each of them special and unique.

Please help us to continue to spread the Aavidum Message across our district, community, and state. Attached please find more information about Aavidum week and specifically themed days!

**aavidum** 

**I've got **your** back.**

## Day 1: May 8 – Monday: “Be Your Selfie”

**Theme:** Be proud of and accept who you are!

**Quote:** “Today you are you. That is truer than true. There is no one alive who is you-er than YOU!”—Dr. Seuss

**Attire:** Students and staff can wear an outfit that is their favorite or that they feel proud wearing.



## Day 2: May 9 – Tuesday: “Be a Hero”

**Theme:** Look out for others that might need your support and care, and think about who can be there for you to help if you need it!

**Quote:** “A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”—Christopher Reeve (Superman)

**Attire:** Students and staff can dress as their favorite super hero.



## Day 3: May 10 – Wednesday: “Be Comfortable”

**Theme:** Be comfortable in your own skin and help others around you feel comfortable by accepting who they are and what makes them unique.

**Quote:** “Life is all about being comfortable in your own skin. It’s about knowing and accepting who you are.” –Ellen DeGeneres

**Attire:** Students can dress in their PJs for the day.



## Day 4: May 11 – Thursday: “Be Bold”

**Theme:** Be bold and help to stick up for others that might need your support.

**Quote:** “Strong people stand up for themselves, but the strongest people stand up for others.”

**Attire:** Students and staff can wear bright and bold clothing with neon colors.



## Day 5: May 12 – Friday: Aavidum Day

**Theme:** Celebrate Aavidum Day!

**Quote:** “I’ve got your back!”

**Attire:** Students and staff can wear Aavidum shirts or red and black to support our school

