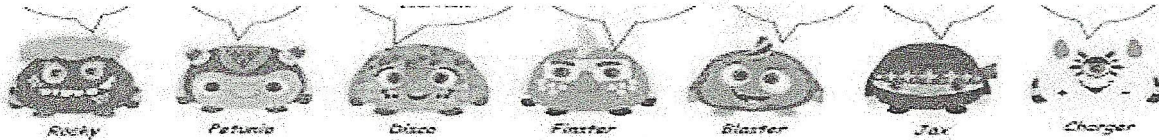


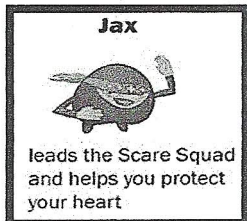
Spirit Week!

February 12th - 16th, 2018

Exercise! NO smoking! Eat healthy! Drink water! Less salt! Save hearts! You can do it!



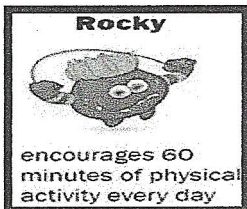
MONDAY: Scare Squad Day



Dress like a **NINJA** (like Jax) or your **favorite TEAM**, as Willard South students and staff try to team up to save hearts for Jump Rope for Heart!

Hint: wear black or a jersey (NO NINJA WEAPONS)

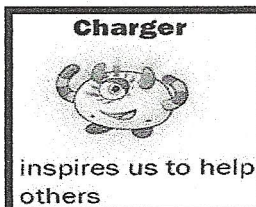
TUESDAY: Scary Hair Day



Dress like a **MONSTER** or have **SCARY HAIR** (like Rocky's hair) and don't forget to get your exercise to keep **YOUR** heart healthy while we save hearts!

Hint: spike or style your hair as crazy as you can

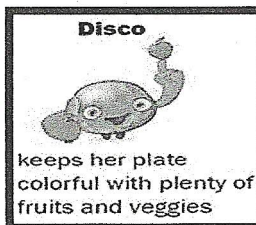
WEDNESDAY (Valentine's Day): Heart Hero Day



Dress like a **HERO**, as we save hearts, or wear as many **HEARTS** as you can to celebrate Valentine's Day and all of the hearts we save with Jump Rope for Heart!

Hint: wear a superhero shirt or a shirt with hearts

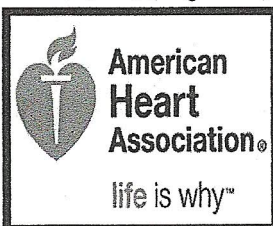
THURSDAY: Disco Colors Day



Dress in lots of different **COLORS** and don't forget to eat lots of colors like Disco says to eat healthy foods for your heart!

Hint: bright or neon colors look the best

FRIDAY (half day): Heart Red Day



Dress in as much **RED** as you can and hopefully Coach Allen will have red hair too (if we raise \$5,000)!

Hint: LOTS of red (red is for heart disease awareness)