

STEP OUT | WALK TO STOP DIABETESSM

 American Diabetes Association.

Monday September 9	Hats Off to Diabetes – Pay \$1 to wear your favorite hat to school.
Tuesday September 10	Tackle Diabetes- Pay \$1 to wear your favorite sports jersey or sports team shirt.
Wednesday September 11	Sock It to Diabetes- Pay \$1 to wear crazy socks to school.
Thursday September 12	Denim for Diabetes Pay \$1 To wear jeans to school
Friday September 13	Lunch in the Park with the Principal- Pay \$1 to have lunch in the park with Mrs. Hernandez and Mrs. Gutierrez.
Saturday September 14	Step Out Walk to Stop Diabetes 413 East Broadway Parking at the Fair Grounds. There will be free food and entertainment. 7:30 run check in 8:00 run begins 9:00 walk begins

We have one diabetic in 3rd grade at Ramirez Elementary, Ziyah Morales. Let's show our support of her, and our own family members fighting diabetes this week. In addition to the above activities you can buy wristbands from the school nurse for \$1 and there will be a Change for Diabetes Jar in the cafeteria every day at lunch where students can donate your loose change. Anyone who donates \$125 will receive a free Step Out T-shirt. The Goal for Ramirez Elementary is to raise \$1000 to help with research at TTUHSC but also to help kids locally with diabetes camps in the summer.