

MIX IT UP @ LUNCH

NOVEMBER 16TH

Mix It Up at Lunch Day is an international campaign that encourages students to identify, question and cross social boundaries. Students consistently identify the **cafeteria** as a place in their school where divisions are clearly and harshly drawn. So we ask students to move out of their comfort zones and connect with someone new over lunch. It's a simple act with profound implications that we encourage educators to include in year-round efforts to promote healthy, welcoming school environment. Studies have shown that interactions across group lines can help reduce prejudice. When students interact with those who are different from them, biases and misperceptions can fall away. Let's make new friends, Carmell!

We are excited to announce that we will be Mixing it Up with The PTSA with the
Mix it Up Art and Writing Competition.

Students entering the National PTSA Reflections Contest will automatically be entered in the Mix it Up Art and Writing Competition of the same theme: **Heroes All Around Me.**

Students may enter: Visual Art, Dance Choreography, Film Production, Music Composition, Photography, and Literature

Please bring all contest items to the PTSA Room next to the Min Office on Friday November 9th, between the hours of 8:30am - 4:05pm.



MIX IT UP HIGHLIGHTS

- A Mix it up lesson will air on the Cougar Talk Morning Broadcast highlighting cafeteria expectations as well as a lesson on how to make friends
- Students will be assigned to a table based on the results from their CFNC interest inventory
- Conversation starters will be projected on the cafeteria stage guiding students to make connections
- Students will cap Mix It Up with a Line Dance Party during HAC

ON MIX IT UP DAY STUDENTS MAY WEAR A SUPERHERO THEMED TEE-SHIRT
(NO MAKEUP, NO MASKS, NO WIGS, NO ACCESSORIES, NO WEAPONS, NO WIGS!)