



High School Heart Event

- (2) socks, heart pad, barrettes, shoelace, heart pencils, Lollipops
- (2) Coffee cup, Lollipops, \$5 DD Card
- Blanket & Teddy Bear
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- XL Teddy Bear

Free

DHS Heart Events

February 12th - 14th

- Blood Pressure - Know Your Numbers and Ask Questions
 - Your Blood Pressure is a great indicator of overall wellness.
- Have Fun with Photos
 - Get dressed up and take a picture with your friends.
- Blood Drive Sign-ups

February 13th & 14th

- Heartfelt Notes - reach out to a memorable teacher
 - Write a note to a teacher you have or had **Thanking** them and they will receive your message Friday, February 15th (one ticket with each Note)

February 14th

- Heart Facts -
 - Help educate your classmates and faculty by sharing an interesting heart fact
- Wear Lots of Red Thursday, February 14th & Earn a Chance to WIN a Prize!
- Nails for Knowledge
 - Get your fingernails painted red and share some heart facts with your friend painting your nails.

Get Involved!

Free

**All it takes -
Get Involved!**

