

# SPIRIT WEEK PROGRAM

## SaskMilk School Milk Program

Welcome Back! Fall has arrived and so has another school year, and many student councils are planning activities for the upcoming term.

Organizing a Spirit Week is one way of creating some fun and excitement in your school. To help encourage school spirit, the School Milk Program is offering a **free** prize package for student councils to use during spirit week!

### What do you have to do?

1. Fill out the enclosed registration form and return it to Sask. Milk no later than January 31, 2019.
2. Your Spirit Week may take place anytime between October 1st, 2018 and May 31st, 2019.
3. During the week, use **at least five events** from the online list of activities on [Saskmilk.ca](http://Saskmilk.ca)(to save paper) or your own creative ideas.
4. At the end of the Spirit Week, please fill out and return the report form you receive in your prize package.

### What do we offer you?

1. A prize package designed just for your school and your particular contests – the more activities involving milk and milk products, the bigger the package!
2. Spirit Week Posters to help promote your events. Please feel free to photocopy as many as you need.

### It's really that simple!!!

Go through the attached list of ideas, plan your week, and then send your registration to the Sask. Milk office. The prize kit and posters will arrive at your school approximately two weeks prior to your Spirit Week.

If you have any questions please feel free to call our office at 306-949-6999.

## **Spirit Week Ideas**

### **1. Moo - Off**

*Students entered are given 15 seconds to moo like a cow. The judges can then pick the top 3 mooers and have a moo-off consisting of another 15 second individual moo, and/or a 15 second group moo to see who will be crowned the top mooer.*

### **2. Find the Missing Moo**

*Clues are given every morning during the announcements that guide the participants to a missing cow hidden somewhere within your school. The winner is the person who successfully solves the clues and finds the missing cow. Afterwards, you can also run a "Name the Cow" contest.*

### **3. Bovine Day or Farmin' Friday**

*Everyone in the school can come dressed as a cow, a farmer, in black and white or anything related to a dairy farm. The best-dressed students win prizes and take part in a fashion show, or have all participating students participate in a costume parade.*

### **4. Ice Castle Building**

*Have students bring blocks of ice frozen in a 2 litre milk carton. At noon hour everyone gets together and builds an ice castle or you can spell your school's name out in ice blocks. Put food colouring in the water to build the castle in your school colours. Afterwards, you can sell or offer hot chocolate milk to warm everyone up!*

### **5. Milk Chug-a-lug**

*You can have an individual competition or a team competition where it is a race to consume a fixed quantity of milk. You can also run this competition using baby bottles or drinking through a straw or stir stick.*

### **6. Barn Dance**

*Hold a dance in the gym and have a reduced admission price for those bringing an empty milk carton or proof of purchase of a carton of milk from your school canteen.*

### **7. Four Legged Cow Race**

*Three students are needed per team. Team members stand side by side and tie touching legs together, so there are four legs. Then you have a set racecourse for all teams to go through and the best time wins.*

### **8. Cow Obstacle Course**

*The race is between teams who go through a set course on all fours. You could give a prize to the winning team*

and to the best dressed team. You could also do this activity outside.

### **9. Milky Way Obstacle Race/Moo-Olympics**

Design an obstacle course in the gym that the participants must go through. Ideas for stations include:

- balancing an empty milk carton on a spatula and running to specific point without dropping or touching the carton(or try balancing the carton on your head).
- filling a glass at one end of the course with milk carried in a turkey baster from the other end of the course.
- create obstacles out of empty 2 litre milk cartons that students must go over or around without knocking down.
- toss empty milk cartons into a basketball hoop.
- shoot to score, using hockey nets with milk cartons suspended as targets.
- place a cowbell in a floor hockey net and try to hit it with a puck
- slide your feet into two empty 2 litre milk cartons opened at one end and run to a specific point.

### **10. Milk and Cookie Sale**

A student group could use this as a fundraiser one day. The groups could bake cookies themselves or purchase them and resell the cookies with milk for a small profit.

### **11. Dress in All White Day** (i.e.: White Out Wednesday)

Everyone in the school is asked to dress in only white for the day. Your school halls will become a sea of white. Award prizes for the most creative or bizarre outfit.

### **12. Milkshake Day/Sundae Day**

One noon hour during the week milkshakes/sundaes are sold to students. Make sure you pre-sell tickets, so you know what supplies you need.

### **13. Decorate Classrooms**

Each class decorates their homeroom using a theme related to Milk i.e.: Farm Scene, Cow Theme, etc. Prizes could be awarded for the best classroom theme.

### **14. Milk Mustache Contest**

Hold a competition to judge the best and biggest milk mustache (artificial and real).

### **15. Cool MOOOve Day**

Ask everyone in your school to dress "cool " for the day. Sunglasses, hats, colourful clothes or whatever they feel "cool" in.

### **16. Milk Poster Contest**

Hold a competition to create the best milk poster that promotes milk. Hang them in your school's hallways and judge the winning poster(s) during your spirit week.

### **17. Professor Cow Contest**

*Each class is in a competition against all the other classes to dress their teacher as the best cow. Once the teachers are dressed, they are paraded past the judges and student body to determine the best-dressed cow! The winning classroom would win an ice cream party. Each classroom could pay an entry fee to participate in order to pay for the ice cream party.*

### **18. Milk Carton Bowling**

*Take empty 1 litre or 2 litre milk cartons and fill the carton with a little bit of sand, beans or a material to weight them down and then securely close the top of each carton. Set up a bowling alley(s) and hold a competition or tournament to determine the best bowler.*

### **19. Best Moo Jingle or Moo Rap**

*Individual students or classrooms compete against each other to create the best jingle related to milk. Judges determine the best jingle. The winners could perform their jingles over the P.A. system.*

### **20. Milk Cartons Crafts**

*Hold an art competition for the most useful and/or creative design made out of milk cartons, or hold a noon hour pyramid-building contest using milk cartons. The possibilities are endless with this one.*

### **21. Milk Carnival**

*Set up a mini carnival for the day. Admission to the carnival is free to everyone dressed in black and/or white. Different groups in your school would be responsible to set up a booth, where prizes can be won. Ideas include:*

- guess the number of materials (i.e.. marbles, beans, buttons, etc.) in a milk carton*
- milk trivia wheel*
- paint your own cow socks/hat/t-shirt booth using fabric paint*
- knock the milk cartons over; fill the carton with sand, beans etc.*
- toss ball or bean bag into empty milk can or whatever ideas you can think of.*

### **22. MOOsic Day/Talent Show**

*Hold a competition with acts related to music, such as an air band, or karaoke. Award prizes for the best and the worst.*

### **23. Pudding Eating Contest**

*Individuals compete against each other to eat a bowl of pudding (made with milk of course) without the use of their hands. The person with the least amount of pudding in the bowl wins.*

*You could also do this in partners. Blindfold one partner and have them feed the other partner; or blindfold both people. The neatest pair at the end of the contest wins.*

#### **24. Oreo Dunking/Bobbing**

Participants have their own bowl of milk with 3 Oreo cookies in it. They must successfully bob for each Cookie, eat it and go again until all cookies are gone and the milk is drank. Remember NO HANDS ALLOWED. The person with the best time wins.

#### **25. Milkalicious Monday**

Make arrangements with your cafeteria to offer a special price or free milk when a certain lunch is purchased.

#### **26. Milk Cartons Treasure Hunt**

Hide empty milk cartons around your school, each with a number printed on the bottom. The number on the bottom corresponds with prizes kept in the main office. At noon hour students are given a set amount of time to find the hidden milk cartons. When someone finds an empty milk carton they must bring it to the office along with a full carton of milk from the school milk coordinator. In order to claim their prize they must consume the full carton of milk.

#### **27. Pin-the-Bell on the Cow**

Students compete to see who comes closest to pinning the bell on the cow's neck. Prizes are awarded to the student who is the closest.

#### **28. How Many Cow Pies in The Field?**

Freeze coloured water in milk cartons (1/2 or 1/4 full). Tear away the carton and scatter "cow pies" around the schoolyard. Have the kids count them. Give prizes or Spirit Bucks for the right answer.

#### **29. Moo Joke of the Day**

Students submit jokes by placing them into a box. The joke drawn is read (by the student) during morning announcements and a prize is awarded to that student.

i.e.: Q: What is a cow's favorite dance?

A: The MOOn Walk.

#### **30. Scoop Ball Contest**

Have students cut a milk carton to form a scoop, and then glue a popsicle stick to the carton to make a handle. In the gym, participants form two lines facing each other and use their scoop to toss a ping pong ball back and forth to their partner. Have each team take a step back after each toss. If a team drops their ball they are eliminated. Continue until there is only one team left.

#### **31. "Milk Energy" Paper Airplane Contest**

Set up three or more hoola hoops on the gym floor with a prize inside each of them. Give students a piece of paper to make into an airplane. Ask them to create a "Milk Energy" design and to write their name on the paper airplane. Then, have the students fly their airplane towards the hoola hoops. The airplane to land nearest the center of the hoop wins the prize inside.

### **32. The Hidden X**

*Working with the School Milk Coordinator, mark one carton of milk with an X on the bottom each day. The person with the marked carton wins a prize.*

### **33. Moo Mural**

*Ask students to bring a cow or milk related picture for a mural. Then, hold a milk draw amongst all participants.*

### **34. Pass the Cow**

*Like “Hot Potato”, have students sit in a circle and each time a student is caught with the inflatable cow at the wrong time he/she is out. The last person left wins.*

### **35. Milking contest**

*Hold a cow-milking contest using an inflated rubber glove. This one can be a little tricky, so be sure to hold a practice run before the competition.*

### **36. The “Mooving” Milk Carton**

*Have several empty milk cartons numbered on the bottom. Have students sit in a circle and when the music starts, ask them to pass the milk cartons to the left. When the music stops draw a number, and whoever has the milk carton with that number wins a prize. **Variation:** Have as many students as you wish sit in rows or in a circle. Obtain 10 (or less) empty milk cartons and when the music starts, ask the students to pass the milk cartons to the left. When the music stops, have all the students with the milk cartons sit out and continue until you have a winner.*

### **37. Get Mooving” Relay**

*Form teams of 4 and have each team member take part in one section of the race, which can include:*

- walk backwards while holding an empty milk carton between the knees*
- balance 2 empty milk cartons with spoons and run*
- drink a small fixed quantity of milk using a straw, but no hands*
- throw a small ball into the bottom of a cut out 4L jug (allow for one bounce)*
- remove one shoe and balance it on top of a 4L jug lid opening*
- walk with feet in two empty 2L milk cartons (cartons are opened at one end)*
- run with a 250 ml milk carton between the knees, stop to drink the milk and then run back with the empty milk carton between the knees*
- to win any race, the team or individual has to jump and say “Drink milk, ah!”*
- pop a balloon with your feet then drink a fixed amount of milk*
- have the teachers compete in a relay involving riding/running with the inflatable cow, riding a tricycle and drinking a fixed amount of milk*

### **38. In-Cow-gnito**

*Each student receives a picture of a cow. He/she has to design a costume for the cow so it would not be recognizable at the masquerade ball.*

### **39. Cow Facts Race**

*In one minute, each team of students has to list all the things they know about milk products or dairy cows. The team with the greatest number of accurate answers wins a prize.*

### **40. Spot Farmer Brown's Cows**

*Farmer Brown has lost his herd of dairy cows. They have entered the school. Post pictures of cows all over the school and place a red mark on a few of them. Students who find and present these specially marked cows win a prize.*

### **41. Cow Toss**

*Gather a group of students in the gym around a parachute. Place the inflatable cow in the middle of the parachute and using a rhythmic group movement, keep the cow from falling off the parachute.*

### **42. The Milk Vacuum**

*Chose one student per class to participate in a race to consume a fixed quantity of milk in a surprising way.*

### **43. The Milk Run**

*Obtain 3 big boxes and line them up in the gym. Fill the middle box with all kinds of milk containers and leave the other two boxes on each side empty. Line up two teams on each side of the middle box and have the leaders pick up milk containers from that box and pass them down the line (not throwing) to the end box. Students can also pass the containers down the line using an "over the head and under the legs" pass. The team with the most containers in their end box wins.*

### **44. Best Milk Drinking Class**

*The class that drinks the most milk on a selected day wins prizes. You can also run this activity for the week and have each class display a graph showing how much milk is consumed at lunch as the week progresses.*

### **45. Why is Milk Good For You?**

*Make a box in which students can put in their answer to the following question: "Why is milk good for you?" Draw name(s) daily. You could also have the winners read their answer over the public address system.*

### **46. How Big is the Herd?**

*Have students count how many cows (pictures) are hidden within the school (hallways and computer room only), then hold a milk draw amongst all of the students with the correct answer.*

### **47. The "Moo" Mascot**

*To add excitement to your spirit week, have different students and/or teachers dress up as a cow and act as the school's mascot everyday during your spirit week events.*

#### **48. “What Do You Know About Cows?”**

*Have students sit in a circle. Have the leader ask, “What do you know about cows?” The next person answers, but the answer is in question form such as “I think cows are black and white; are they?” Continue with the other students until you run out of questions. Every question must contain the word cow.*

#### **49. Milk Scavenger Hunt**

*Hide cards (with a milk carton design and scrambled words on it) throughout the school. Students must find all the cards and unscramble the words that spell out an important milk message. Students with the correct responses can be entered into a prize draw.*

#### **50. Milk Book Mark Contest**

*Have students design a bookmarker using the milk or cow theme. Students with the most creative bookmarker each win a prize.*

#### **51. The Moo Jeopardy**

*Form teams of 3 students and have them compete in a game of Jeopardy where the categories are all related to the milk industry.*

### **Can't decide how to give away the prizes in the box? Try Spirit Bucks!!!**

For all your events throughout the week, you give out spirit bucks for participation, event winners, organizers, etc. The students collect the bucks all week, then on Friday you can hold an auction for all the prizes. This way everyone has a chance to win and you're never short of prizes for an event.

Some additional ideas to make your Spirit Week a real cool experience:

1. Sell only milk (chocolate or white) in your cafeteria or canteen that week.
2. Put your pop machine out to pasture for the week and only sell milk.

The ideas are endless. We'll leave it to you to choose the ones you like or to make up your own.

## **Have Fun!!!**