



MILK SPIRIT
WEEK

Sask[♥]milk



ACTIVITIES & IDEAS BOOK



SPIRIT WEEK 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 we offer you?

A prize package designed just for your school and your particular contests – the more activities involving milk and milk products, the bigger the package!

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.





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. 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.

8. “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.

9. 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.

10. 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.

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.

