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SADD PROVINCIAL  
REGINA, SASKATCHEWAN  
OCTOBER

# SADD RECIPES

—2023 PROVINCIAL CONFERENCE—  
REGINA, SASKATCHEWAN

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# BYOB (Bring Your Own Banana)



## Ingredients

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To make 75 banana splits:

- 75 bananas
- 3 cans whipped cream
- 4, 4L vanilla ice cream
- 1 strawberry sauce
- 1 chocolate sauce
- additional toppings (if desired)
- 75 disposable spoons
- 75 disposable bowls
- 3 ice cream scoops

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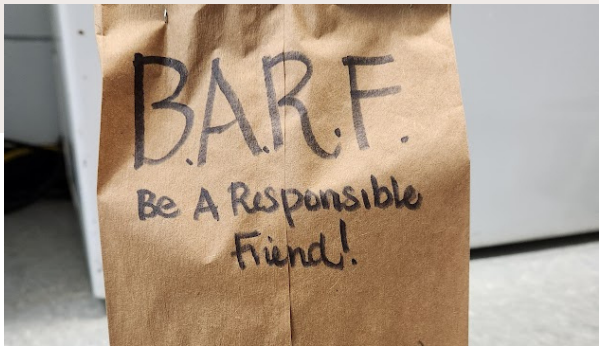
*Help redefine BYOB (Bring Your Own Booze) by inviting students to bring their own banana and build a tasty treat. Activity doubles as a fundraiser too!*

## Method

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- Before the event:
  - Write a letter to your local grocery store asking for a donation of materials.
  - Advertise event. This may include making school announcements, creating posters, and social media posts (Be sure to include grocery store's logo if they sponsor event.).
  - Presale to school staff. Be sure to charge accordingly. For example, \$5.00 without a banana, and \$4.00 with your own banana.
- During event:
  - Scoop three small scoops of ice cream into a disposable bowl.
  - Cut banana in half lengthwise. Add to bowl.
  - Add toppings and sauces.
  - Add a spoon.
  - Serve.
- After the event:
  - Send a thank you card and event pictures to sponsor.

# B.A.R.F. (Be a Responsible Friend) Bags



## Ingredients

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Brown paper bags

Sharpie markers

Items to place in bag  
(keychains, car wash  
coupons, water bottles, air  
freshners, gum, granola bars,  
seatbelt cutters, red  
ribbons, candy, etc.)

Stapler

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*Send a reminder to your  
school's driver's education  
graduates (Grade 10 class)  
using a play on the word  
"BARF".*

## Method

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1. Write a letter to be delivered to community businesses asking for donations towards event. See sample letter on next page.
2. Prepare brown paper bags.
  - Write B.A.R.F. Be a Responsible Friend on outside of bag.
  - Divide donated items amongst number of needed bags.
  - Fold over edge of bag and staple.
3. Deliver bags to driver's education graduates.
4. Send thank you cards to businesses/ people who donated.



September 28<sup>th</sup>, 2022

To Whom It May Concern:

**RE: MCS SADD Chapter Sponsorship**

This semester the Students Against Drinking and Driving (SADD) Chapter at the Melville Comprehensive School (MCS) plans to distribute a B.A.R.F. (Be a Responsible Friend) bag to each graduate of the Driver's Education class. We are hoping to place several items in each bag for the new drivers to enjoy. We were thinking a car wash coupon, air freshener, lanyard, key chain, gum, Slushie, etc. would be suitable items to include in addition to our signature red ribbon as a reminder to always plan a safe ride home.

As the presidents of this year's Chapter this is where we need your help. Would your business be willing to donate an item to be put in the B.A.R.F. bags? Any donated items would be greatly appreciated.

48 students will graduate from the program on Thursday, October 6<sup>th</sup>. Thank you in advance for your consideration to this SADD event.

Sincerely,

Jenna Rathgeber & Abby Schicker  
2022-23 MCS SADD Presidents



# Check Stop



## Possible Slogans

**1. Don't Be a SUCKER!**

- Hand out lollipop suckers.

**2. Don't be a DUMDUM!**

- Hand out Dum Dum lollipops.

**3. Don't be the REISEN someone doesn't come home for the holidays. Always plan a safe ride home.**

- Hand out REISEN candies.

**4. Be a LIFESAVER. Don't drive high!**

- Hand out lifesaver mints.

**5. Don't be an AIRHEAD!**

- Hand out airhead candies.

**6. Keep all 4 WHEELS on the ground tonight. Don't drink and drive.**

- Hand out wagon wheels.



# Chip Blitz



## Ingredients

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200 (or more) boxes of  
potato chips

## Method

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1. Order boxes of potato chips from Old Dutch.
2. Prepare fundraiser form.
3. Advertise fundraiser.
4. Map out door-to-door routes for SADD members.
5. Sell boxes of potato chips to local community residents.  
\$20.00 per box.

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*Raise money for your SADD  
Chapter by selling boxes of  
potato chips before  
Hallowe'en.*



# Grim Reaper White Out Day



## Ingredients

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Printed sign that includes a description of person's death

String to hang sign around person's neck

Music (e.g., sirens) to play over intercom

Grim reaper costume

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## Method

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1. Research stories of impaired driving deaths.
2. Preselect students who would take event seriously.
3. Make up signs that include description of impaired driving deaths.
4. Every 30 minutes starting at 9:00 AM, play the music over the school intercom. At this time, have the grim reaper (a SADD student dressed in costume) pick one of the preselected students to die. Grim reaper reads sign description out loud to the class that the student is in before leaving. Student hangs sign around their neck and cannot talk for the rest of the day.
5. Repeat step 4 until the school day ends.
6. Host a school wide assembly to summarize event.

*An impactful awareness activity meant to show students what it would be like if one of their friends was no longer in their life because of impaired driving.*



# Impaired Obstacle Course



## Ingredients

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Drunk Goggles from SADD  
Saskatchewan

Materials for obstacle  
course (e.g., Basketballs,  
badminton rackets and  
birdies, scooters, pylons,  
mats, etc.)

Participation prizes

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*Let students experience what  
it is like to be drunk using Fatal  
Vision Alcohol Impairment  
goggles.*

## Method

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1. Request to borrow Fatal Vision Alcohol Impairment goggles from SADD Saskatchewan.
2. Get permission from school administration to host event.
3. Book school gym.
4. Advertise event. See sample poster on next page.
5. On day of event, set up obstacles. These may include:
  - Walk a straight line.
  - Shooting baskets.
  - Badminton rally.
  - Mat maze.
  - Pylon weave on scooters.
  - Scooter race
4. Invite participants to come and take part.
5. Ensure safety of all participants.
6. Offer a participation prize for those who take part.
7. Clean up obstacle course.

WHAT WOULD IT BE LIKE TO HAVE  
A BLOOD ALCOHOL CONTENT 3X  
THE LEGAL LIMIT?



FIND OUT

MEET MONDAY,  
MAY 15TH @ 12:20PM, IN THE  
LOWER GYM.





# Liquor Bag Decorating



## Ingredients

1 bale (500 bags) of undecorated liquor bags  
Decorating materials (markers, pencil crayons, gel pens, crayons, etc.)

## Method

1. Pick up a bale of liquor bags from your local liquor store.
2. Decorate liquor bags with holiday images and SADD slogans (See sample slogans on next page).
3. Invite SADD and non SADD students to help decorate liquor bags. Elementary students are awesome decorators!
4. Deliver bags back to liquor store before the holidays.

*Spread awareness about the dangers of impaired driving during the holiday season using a nontraditional format-- liquor bags!*



# Liquor Bag Decorating Continued



## Sample Slogans

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1. You are not invincible. Don't drink and drive!
2. Arrive alive this holiday season. Don't drink and drive!
3. Friends don't let friends drink and drive!
4. If drinking and driving were supposed to mix, the keys would be in the bottle!
5. Always plan a safe ride home.
6. Drinking and driving is no accident!
7. Come home safe for the holidays. Don't drink and drive.
8. Think before you drink.
9. You are loved. Plan a safe ride home!
10. Choose your ride. Don't drink and drive!
11. It's not your life we are trying to change, it's your life we are trying to save. Please don't drink and drive!
12. Make the holidays a happy one. Don't drink and drive.
13. Merry Christmas! Don't drink and drive!
14. Happy Holidays! Don't drink and drive!
15. Save lives. Don't take one. Don't drink and drive!
16. Heaven can wait. It's easy to make the right choice when you know what your values are. Please don't drink and drive!





# Master Chef Mocktails



## Ingredients

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Drink supplies (Sprite, lemonade, orange juice, grenadine, cherries, fruit (limes, lemons, oranges, etc.), etc.

Brown lunch bags

Cups

Gross materials from the teachers' fridge (e.g., ranch, soya sauce, hot sauce, ketchup, etc.)

Prizes

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*Bring awareness to your SADD Chapter by hosting a mocktail competition.*

## Method

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1. Advertise event.
2. Decide maximum number of teams that can participate.
3. Prepare a sign-up sheet and hang at the main office.
4. Invite teams of 2 to sign up at the main office.
5. Find three judges for the competition. These may be teachers, interns, or community members.
6. Gather supplies.

Round 1:

1. Line up drink supplies.
2. Give each team 30 seconds to pick their drink supplies. Set a limit of 3 items.
3. Give each team 10 minutes to make their drink.
4. Ask judges to judge drinks.

Round 2:

1. Hide "gross" materials in brown lunch bags. One per bag.
2. Give each team 30 seconds to pick no more than 3 hidden gross materials.
3. Give each team 10 minutes to make their drink.
4. Ask judges to judge "gross" drinks.
5. Award prize(s) to winning team(s).



# Mock Disaster



## Ingredients

---

Crashed vehicle

Community Partners: Tow truck driver, RCMP, Fire Department, Funeral Director, EMS, etc.

Student actors/ actresses

Cosmetology Class/  
Teacher

Crash sound to be played  
over school intercom

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*An unforgettable way to involve the community emergency response team and show the dangers of impaired driving.*

## Method

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1. Ask school administration for permission to host event.
2. Advertise (in both the school and community) the date and time of the mock disaster.
3. Plan mock disaster with community emergency response team (Tow truck driver, RCMP, Fire, EMS, Funeral Director, etc.). Be sure to invite the local newspaper to cover the event.
4. Preselect student actors/ actresses to have roles in mock disaster.
5. Ask the cosmetology teacher/ class to do special effects makeup on student actors/ actresses.
6. Stage disaster scene. Pick a location near school.
7. When ready, play a crash sound over school intercom, and then invite all staff and students to the location of the disaster.



# Red Ribbon Rampage



## Ingredients

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Red ribbons

## Method

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1. Request red ribbons from SADD Saskatchewan.
2. Tie red ribbons onto vehicles. Pick populous places like the staff parking lot, teachers' parking lot, shopping mall, grocery store parking lot, etc.

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*A very simple way to spread  
SADD's message.*



# School Dance



## Ingredients

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Decorations (table clothes, paper snowflakes, Christmas trees, etc.)

DJ

Supplies for popcorn and mocktails

Door prize

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## Method

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1. Get permission from school administration to host a school dance.
2. Book a DJ.
3. Advertise event. See sample posters on next page.
4. Make/ buy/ borrow decorations.
5. Buy supplies to make popcorn and mocktails.
6. On the night of the dance, decorate your dance space (e.g., cafeteria, gym, etc.).
7. Charge admission (\$5.00 per person. Includes one free popcorn or mocktail and an entry into the door prize.)
8. Make popcorn and mocktails. Sell each for \$2.00.
9. Dance!
10. Clean up.

*Show students that you can have fun without drinking by hosting a winter formal.*



MCS SADD INVITES YOU TO A

# Winter Dance

Ring in the coolest season with a SCHOOL DANCE!

Thursday, Dec. 15th 2022, 7:00 - 9:00 PM

MCS Gymnasium

Grades 6 - 9 students only

Tickets available at the door  
\$5.00 per student

Popcorn and Mocktails available to purchase



MCS SADD INVITES YOU TO A

# WINTER DANCE



TUESDAY DECEMBER 19TH, 2023

7:00 PM - 9:00 PM

MCS CAFETERIA

GRADE 6 TO 9 STUDENTS ONLY!  
TICKETS AVAILABLE AT THE DOOR.

POPCORN & MOCKTAILS AVAILABLE TO PURCHASE!

PHOTO BOOTH AVAILABLE!



\$2

Orange Juice  
Lemonade  
Grenadine  
Orange Slice

NEW YEAR SUNRISE



\$2

Cola  
Grenadine  
Maraschino cherry

ROY ROGERS

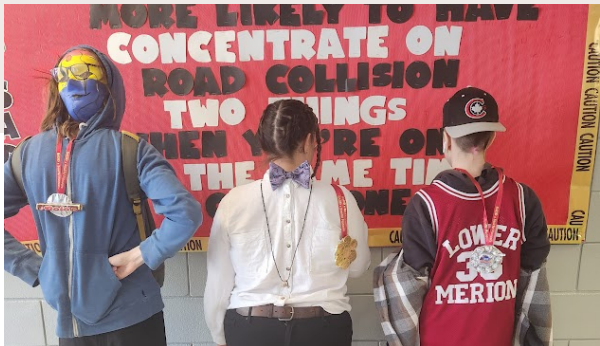




\$2



# Spirit Days



## Possible Slogans

1. Please see the following posters for inspiration!

# PROVINCIAL IMPAIRED DRIVING AWARENESS **SPIRIT WEEK**

March 6th to 10th, 2023

MONDAY

6

Wear RED!



TUESDAY

7

Your future is BRIGHT. Don't text & drive. Wear NEON!



WEDNESDAY

8

Friends don't let friends drink & drive! TWIN or MULTIPLES Day!

THURSDAY

9

Turn your BACK to impaired driving. BACKWARDS Day!



FRIDAY

10

TEAM up against impaired driving! Wear your favourite JERSEY!

**DRESS UP & WIN PRIZES!**

Brought to you by the MCS SADD  
Chapter



**JOIN US!**



# STOMP OUT IMPAIRED DRIVING!

**WEAR BOOTS TO  
SHOW YOUR SUPPORT  
FOR SADD!**

Tuesday  
**8TH**  
March 2022

On Wednesday, March 9th

# It's RED Day!



Support SADD by wearing  
**RED!**

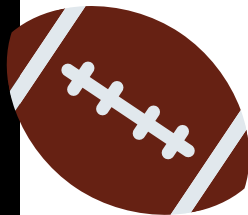
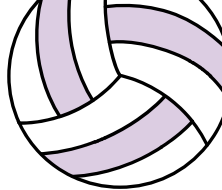
THE MCS SADD CHAPTER INVITES YOU TO

# TEAM UP AGAINST DISTRACTED DRIVING

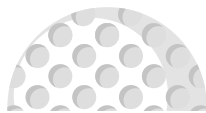
Wear your favourite  
TEAM JERSEY

Wednesday, November 24th

Have your name entered to win a  
\$25.00 gift certificate to the Cobra  
Store!



**S.A.D.D.**



On Tuesday December 19th.....



**DON'T MAKE THIS HOLIDAY UGLY!**  
**ALWAYS PLAN A SAFE RIDE HOME!**

**WEAR AN UGLY SWEATER!**



# Don't Sleep on Impaired Driving!

Z  
Z  
Z  
Z  
Z

WEAR **COMFY COZY CLOTHES**  
SPIRIT DAY!

January 26th, 2023

