

For Immediate Release:  
[DATE]

Contact: [Name]  
[Number]

Students at [SCHOOL NAME] Set to Cross Social Boundaries  
During Ninth Annual “Mix It Up at Lunch Day”

[CITY NAME] – Students at [SCHOOL] will join more than 2 million others across the country to cross social and racial boundaries on Tuesday, Nov. 9, as part of the ninth annual Mix It Up at Lunch Day, an event designed to foster respect and understanding in schools.

Mix It Up encourages students to sit with someone new in the cafeteria for just one day. Many schools are planning similar barrier-busting activities throughout the day. Some use the event to kick off a yearlong exploration of social divisions.

[OPTIONAL QUOTE BY EDUCATOR OR STUDENT]

More than 5,000 schools are expected to participate in this year’s Mix It Up at Lunch Day, which is sponsored by the Southern Poverty Law Center’s Teaching Tolerance project.

Student organizers agree that Mix It Up at Lunch Day encourages students to cross group lines and meet new people. Mix It Up also fosters school spirit and unity, raises awareness about social boundaries and helps students meet different kinds of people.

[OPTIONAL PARAGRAPH ABOUT YOUR SCHOOL]

The Southern Poverty Law Center launched Teaching Tolerance in 1991 to provide educators with free resources designed to reduce prejudice and promote respect for differences among our nation’s children. The Mix It Up program began in 2002.