

Dear Parents and Guardians,

This year our school is once again registered for Sandy Hook Promise's *Start With Hello Week* which will take place from September 19-23. We are excited about continuing to participate in this event to help us build more inclusive and connected classrooms, schools, and communities!

Social isolation is the feeling of being left out, lonely and treated like you are invisible. At every school and in every community there are children who feel like they have no friends and quietly suffer through each day. Young people who are isolated can become a victim of bullying, violence and/or depression. As a result, many further pull away from society, struggle with learning and social development and/or choose to hurt themselves or others.

Start With Hello (SWH) teaches children and teens how to be more socially inclusive and connected to each other. SWH asks students, educators, parents and other community leaders who interact with children to take steps in class, the lunchroom and/or on the bus to be inclusive and connected.

Our plan is to do a variety of activities throughout the week in order to support the goals of the initiative as well as to build upon our own school culture. The designated days are as follows:

- **Monday, September 19** –Wear Green Day & Say Hello Day
- **Tuesday, September 20** – Share a Smile Day
- **Wednesday, September 21** – Random Acts of Kindness Day
- **Thursday, September 22** – Thankful Thursday
- **Friday, September 23** – No One Eats Alone Day



Following up with discussions at home about what your child learned from each day's activities will make this event have the strongest impact. For more information on this initiative, please visit <https://www.sandyhookpromise.org/our-programs/start-with-hello/>.

Please feel free to contact me if you have any questions about this upcoming event.

Regards,

Elisha Rose

Start with Hello Week Coordinator