



Start With Hello Week

September 18-22 students will be taking part in *Start With Hello Week*. Start with Hello teaches students the skills they need to reach out and build socially inclusive environments. Inclusion, acceptance, empathy, and connectedness are the cornerstones of the Start With Hello program. Students learn to take small but powerful actions to promote inclusion and to support students who are showing signs of loneliness or social isolation. *Start With Hello* is an important social and emotional learning program to introduce students to the power of connecting and helping one another. Each day we will have a different theme and random act of kindness for the students to help build inclusiveness, support and connectedness.

★ **Monday:** *Wear Yellow and Brighten Someone's Day*

- Students are encouraged to wear yellow and take the Promise Pledge.
- Today's random act of kindness is to say hello to someone new.

★ **Tuesday:** *Dreaming of Friendship Pajama Day*

- Students are encouraged to wear pajamas.
- Today's random act of kindness is to compliment someone.

★ **Wednesday:** *Wear Green Wednesday for Unity*

- Students are encouraged to celebrate teamwork.
- Today's random act of kindness is to learn something new about someone.

★ **Thursday:** *Trusted Adult Thursday*

- Students are encouraged to wear Lowellville gear.
- Today's random act of kindness is write a kind note to a trusted adult.

★ **Friday:** *Positive Quote Friday (throughout the school year) No School Friday, Sept. 22*

- Students may submit a positive quote to be read over weekly announcements.
- Today's random act of kindness is to do something kind for a family member.

Looking forward to a positive week! Thank you for your support and kindness.

Tracy Vivo; Behavioral Health and Wellness Coordinator

To learn more, please visit: <http://www.sandyhookpromise.org/bringstartwithhello>