Counselor's Corner
Bowie Fine Arts Academy

(972) 522-6510 E-mail! Miriam.martinez@gpisd.org

THEME: BE KIND ONLINE



September Guidance Lessons:
BE KIND: ONLINE



PARENT TIPS:
Expect Great Things
Set high expectations for your child; give him/her goals to aim for.

What is Start with Hello

The *Start with Hello* campaign was started by the Sandy Hook Promise organization and is designed to help teach students to reach out to and include those who may be dealing with chronic social isolation. There are young people who suffer silently in every school and in every community because they feel left out, alone, or invisible. *Start with Hello* week is intended to help students start the back-to-school season and feel seen, accepted, and safe

By building a culture of inclusion and connectedness, schools and communities can better support the students to promote kindness and compassion.

HERE'S HOW YOU CAN HELP….

- Make Start with Hello part of your family culture.
- Make an intentional effort to greet each other with hello and ask questions about each other's day.
- Talk about what your child can do if they ever feel lonely at school.
- Tell your child a story about a time that you reached out to someone who was alone and in need.

What happened? How did you feel afterward?

UPcoming EVENTS — SEPTEMBER

Dates to Remember

10/1-10/23 Bullying Prevention Month

10/26-10/30 GPISD Red Ribbon Week

YOU CAN START WITH HELLO IN 3 SIMPLE STEPS:



Start with Hello Week

September 21-25, 2020

BFAA BOWIE FINE ARTS ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
Wear green and take a picture smiling! 	Send a HELLO video to someone! 	Share a kindness note! 	No one eats alone! Zoom together for lunch! 	Friendship Fri-yay! Start a conversation with someone new!