



Poland McKinley Elementary School

Dear Families,

We're excited to share that our school will once again participate in *Start with Hello Week* from **September 15–19**. This national program, developed by Sandy Hook Promise, empowers students to create a culture of kindness and inclusion—by noticing when someone might feel left out, reaching out, and simply saying hello.

Each day during the week, we'll focus on a different theme and invite students to take part in simple, meaningful challenges. These daily activities are designed to spark connection, build confidence, and help every child feel seen and valued. Sometimes, one small moment of kindness really can change someone's whole day—and create lasting friendships.

We're sharing the themes with you in hopes that you'll enjoy asking your child about what they're learning and who they're connecting with. You may even find your child using their "superpowers" at home!

Start With Hello Week:

★ **Monday: *Meet-n-Greet Monday***

- Theme: Every Hello Has a Hero
- Challenge: Watch the Start With Hello Recess Video and say hello to someone new.

★ **Tuesday: *Superpower Tuesday***

- Theme: Your Greatest Superpowers Are Already Inside You
- Challenge: Use an inner superpower like kindness, listening, or courage to help someone feel included. Complete a Love Yourself Worksheet.

★ **Wednesday: *Wear Green to support Start With Hello Week***

- Theme: Students are encouraged to wear green as a symbol of unity and inclusivity.
- Challenge: Give a compliment to someone in your class to grow a connection.
- Sign the *Start With Hello* Pledge in your homeroom.

★ **Thursday: *Thoughtful Thursday***

- Theme: Using your words to create worlds.
- Challenge: Use encouraging words to include others. Watch the Start With Hello Lunch Video and invite someone new to sit with you at lunch or play and talk with someone new at recess.

★ **Friday: *Friendship Friday***

- Theme: Wear Poland Pride to encourage connectedness in our community.
- Celebrate the *Start With Hello* Movement by coming together as a community of connection and inclusion and participate in a *Start With Hello* Photo Booth during lunch time.
- Challenge: Find a Friend Bingo.

For more information on Start With Hello and to sign up to receive the Parent Guide, please visit:

<http://www.sandyhookpromise.org/bringstartwithhello>.

Thank you for your continued support!

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