

Poland Middle School

Dear Families,

We're excited to share that our school will once again participate in ***Start with Hello Week.*** We are celebrating it from **September 28–October 2**. 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 a sense of belonging 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. We home you catch your children using these skills at home and in the community too!

Start With Hello Week:

- ★ **Monday:** *Meet-n-Greet Monday*
  - Theme: Start with Hello to make a connection.
  - Challenge: Complete the classmate interview to learn more about each other.
- ★ **Tuesday:** ***Teamwork*** *Tuesday*
  - Theme: One Team. Many strengths.
  - Challenge: Complete the Team Building Activity & Poster
- ★ **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: Thoughtful Words. Thoughtful Actions.
  - Challenge: Take a moment to think about how our words and actions affect other people. Invite someone new to sit with you at lunch or play and talk with someone new at recess or break time.
- ★ **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.

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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