



# Start with Hello Week!

## September 19-23, 2022



This week, HNSA celebrates Start with Hello Week. This program enables students to make a difference with others in a simple, fun, and impactful way by encouraging them to take small but powerful actions to include others.

To celebrate we will encourage staff and students to participate in the following ways:

Monday, September 19th	Tuesday, September 20th	Wednesday, September 21st	Thursday, September 22nd	Friday, September 23rd
<p><b>MEET-N-GREET MONDAY</b> Empower students and Trusted Adults to introduce themselves to each other and form connections!</p> <p>Classes participate in a "Speed-HELLOING game." Dedicate 5 minutes for students say hello and introduce themselves by sharing their name and a special quality or characteristic.</p>	<p><b>UPSTANDER TUESDAY</b> Create an environment in which students are encouraged and empowered to do simple, everyday prosocial actions that include others!</p> <p>Show appreciation to Upstanders in your class. Recognize students who reach-out and help others, make others feel seen, invite classmates to join in activities, and work to be inclusive.</p> <p><b>*Celebrate students in class &amp; be sure to add their names to the Upstander Wall of Fame outside of Ms. Silva's office.</b> (You may add names for remainder of week)</p>	<p><b>WEAR GREEN WEDNESDAY</b> Raise awareness about Sandy Hook Promise's mission</p> <p>Wear green as a symbol of unity and solidarity with Sandy Hook Promise and to show support of Start with Hello Week's mission to reduce social isolation and boost empathy and belonging.-</p> <p>*Invite students to share how they can include others.</p>	<p><b>TRUSTED ADULT THURSDAY</b> Celebrate, recognize, and connect to Trusted Adults!</p> <p><u>Activities for Trusted Adults to Connect to One Another</u></p> <p>Test out a fun, new "Hello Style" with someone on a different grade-level team or in another department that you don't typically get to interact with.</p> <p><u>Activities for Students to Reach Out to Trusted Adults</u></p> <p>Connect to Trusted Adults today by starting with a simple "hello" (and a smile).</p>	<p><b>MOVING FORWARD FRI-YAY</b> Start with Hello Week can propel our school community into an environment where students and Trusted Adults feel seen, heard, valued and included.</p> <p>Feel Seen Fri-Yay</p> <p>Encourage students to truly "see" each other. Students participate in a compliment circle - every student will give a compliment to one classmate and every student will receive a compliment from another classmate.</p> <p>School staff give a compliment or kindness note to a colleague.</p> <p><a href="https://sandyhookpromise.box.com/s/3dz24mf1fo8rewbjw6v9qs6r60a3vjog">https://sandyhookpromise.box.com/s/3dz24mf1fo8rewbjw6v9qs6r60a3vjog</a></p>