




# Start with Hello Week!

## September 18-22, 2023



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 18th	Tuesday, September 19th	Wednesday, September 20th	Thursday, September 21st	Friday, September 22nd
<b>MEET-N-GREET MONDAY</b> Empower students and Trusted Adults to introduce themselves to each other and form connections! <p><u><a href="#">Listen to Hello Song GoNoodle</a></u>  <u><a href="#">Hello Song   Songs For Kids   Dance Along   GoNoodle</a></u></p> <p><b>*Saying hello is one way to connect with others, create '5 Ways to Connect' connection web in morning meeting.</b></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>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 who are upstanders in your class – give them an Upstander Gram.</b>  <u><a href="#">Upstander – Gram</a></u></p> <p>(Hard copies will be provided. Students who receive Upstander-Gram can let Ms. Silva know – they may receive a shout out on school announcements.)</p>	<b>GREEN WEDNESDAY</b> Raise awareness about Sandy Hook Promise's mission. <p>Green serves as a symbol of unity, inclusivity, and solidarity with Sandy Hook Promise and shows support of Start with Hello Week's mission to reduce social isolation and boost empathy and belonging.</p> <p><b>*Invite students to share their own promise to be a good friend – show kindness, empathy and include others. Students may create a handprint on green paper and write their promise on it.</b></p>	<b>TRUSTED ADULT THURSDAY</b> Celebrate, recognize, and connect to Trusted Adults! <p>Trusted Adults are always spreading the Start With Hello spirit!</p> <p><b>*Students reach out and thank a trusted adult for helping and supporting them. Students may write a note to give to a trusted adult. Here is <u><a href="#">Note of Gratitude template</a></u> Start with Hello.</b></p> <p><b>*Staff give a compliment or a kindness note to your Accountability Partner.</b></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>Feel Seen Fri-Yay  Encourage students to truly "see" each other.</p> <p><b>*Create a SMILE WALL or Space to allow students to share notes of kindness and actions that made them smile throughout the week in school.</b></p>