

Sept 16-20






START with Hello WEEK

SEE
SOMEONE
ALONE

REACH OUT
+ HELP

START with
Hello

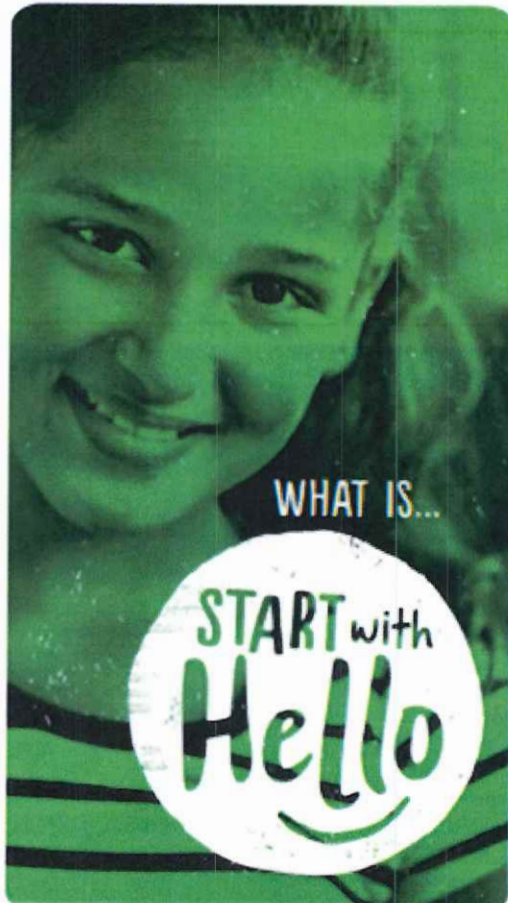
START WITH HELLO teaches students the skills they need to see someone alone, reach out, and include those who may be dealing with chronic social isolation. During Hello Week we will foster social emotional learning skills in our students, with a focus on empathy and unity. Please participate in our themed spirit days and ask your student how they will START WITH HELLO.

Monday September 16th	Tuesday September 17th	Wednesday September 18th	Thursday September 19th	Friday September 20th
<p>Wear Yellow or sunglasses to brighten someone's day!</p>  <p>Say HELLO to 5 new people.</p>	<p>You are someone special, let everyone see your superpower. Wear your favorite superhero shirt.</p>  <p>Spread kindness everywhere with random acts of kindness today.</p>	<p>Wear Green Wednesday</p>  <p>Learn different ways to say Hello.</p>	<p>Color the world with kindness. Wear colors of the rainbow or tie-dye.</p>  <p>Invite someone new to play with you today.</p>	<p>Keep it Positive and wear a shirt with a positive message.</p>  <p>Write a positive note for a teacher, friend or family member.</p>

Marion Street

Join us September 16 – 20 for Start With Hello Week, a national call-to-action week dedicated to making new social connections and creating a sense of belonging among youth.

Marion Street would like to kick off the school year with Start with Hello Week. Start with Hello Week is a prevention program that teaches children how to be more socially inclusive and connected to each other. Fostering inclusion and community is an important life skill and with practice we strive to build a culture of inclusivity and empathy. We believe that Start with Hello will be both meaningful and fun for your child. But it can also be fun for you! We hope you can use the ideas in the brief guide below to continue the conversation at home and beyond into our community. Please see the Spirit Week schedule on the other side.



START WITH HELLO

is a prevention program that teaches children and teens how to be more socially inclusive and connected to each other. *Start With Hello* asks students, educators, parents and other community leaders who interact with children to take steps in class, the lunchroom and/or other times in their day to be inclusive and connected.

WE NEED YOU! HERE'S HOW YOU CAN HELP...

FOR ALL AGES

- *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.
- *Practice active listening.* During car rides or at dinner challenge each other to use eye contact and truly listen.
- *Model best practices for your child.* Say hello to strangers on the street and make conversations at stores or restaurants.
- *Share your story.* 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 afterwards?
- *Be there for your child.* Talk about what your child can do if they ever feel lonely at school. Remind your child that you are always there for them if they need someone to talk to.
- *Talk about good and bad kinds of being alone.* When does being alone feel good? When does being alone feel bad?

FOR GRADES 2-5

- *Act it out!* Pretend to be an isolated student at your child's school and have your child practice reaching out and saying hello. Act out different scenarios, then switch roles and try it again.
- *Create a poster.* Draw or paint a poster with your child to remind your family to "Start With Hello" and hang it up in your house.
- *Learn how to say hello in different languages.* Challenge your child to try a different language each time they say hello!

French - Bonjour	Spanish - Hola
Italian - Buon Giorno	German - Guten Tag
- *Make it a game!* Create a family wide contest to see who can say hello to the most people each day. Keep track of each person's "hello count" and celebrate the winner at the end of the week.

FOR GRADES 6-12

- *Share strategies for starting conversations.* Create your own conversation starters or try using the following: How is your day going? What did you do over the weekend?
- *Discuss cyber bullying.* Talk about what respect and social inclusion looks like on social media and discuss what to do if they witness cyber bullying.