

Hello Sutherland families,

As part of a district and nation-wide initiative, Sutherland Elementary will be participating in *Start with Hello Week*, **September 21<sup>st</sup>-25<sup>th</sup> 2020**. Start with Hello is a youth violence prevention program developed by Sandy Hook Promise. Start with Hello teaches students 3 simple steps to reach out and include those who may be dealing with social isolation and create a culture of inclusion and connectedness within our school community.



It is our district's expectation that all schools participate and embrace this week. Teachers will be provided with daily messages to share with all students. Additionally, we have theme days throughout the week and encourage all students (face to face and MyPCS) to participate in the fun! Parents, if you would like, feel free to take a picture of your child if they are participating! Email pictures to [knappinss@pcsb.org](mailto:knappinss@pcsb.org) for a chance to be on the Sutherland Facebook page!

**Monday 9/21**      **H**- "Hey there!" -say hello to everyone you see today.

**Tuesday 9/22**      **E**-Encourage everyone with your Kindness Superpowers- wear your favorite superhero shirt.

**Wednesday 9/23**      **L**-Learn to say hello in a different language- let's learn a new way to say hello!

**Thursday 9/24**      **L**-Look out for all the green! -wear green to show you believe in being kind and including others!

**Friday 9/25**      **O**-Own it! Make it your job to smile and be friendly- wear your SES shirt to show that being kind is the way we do things at Sutherland!

Thank you for your support of this important endeavor!  
Danielle Matthews, School Counselor