



Start with Hello Week is **September 18th to the 22nd**. This is part of the Sandy Hook Promise. The goal is to prevent social isolation. Students learn to notice other students who might need a friend and what they can do to help. One way we will do this is by having theme days. PTA will also sponsor the annual Start with Hello poster contest (see back side). Thank you for participating.

### **Monday 9/18**

Schoolwide Theme: "Green Out" – Wear green today to show your commitment to include everyone, wear uniform bottoms

Personal Action: **Say hello to someone you don't know**

### **Tuesday 9/19**

Schoolwide Theme: "Brighten Someone's Day" – wear neon colors with uniform bottoms

Personal Action: **Say something nice to someone**

### **Wednesday 9/20**

Schoolwide Theme: "We're All Someone Special" – wear a superhero shirt or cape with uniform bottoms

Personal Action: **Stick up for someone being mistreated**

### **Thursday 9/21**

Schoolwide Theme: "We're All on the Same Team" – wear a team jersey with uniform bottoms

Personal Action: **Play with someone new or alone**

### **Friday 9/22**

Schoolwide theme: "Aloha Means Hello" – wear a Hawaiian shirt and/or a flower lei, with uniform bottoms

Personal action: **Learn a new way to say hello and practice on someone (video link sent out and shown on news)**

## Start with Hello Poster Project

Create a poster sharing what it means to reach out to others in kindness and friendship.

As part of our school wide “Start with Hello” project, a program that teaches students how to be more socially inclusive and connect to each other, North Shores PTA is putting on a poster exhibition.

Create a poster about what starting with hello is... Does it mean including a classmate who feels sad or alone... does it mean saying hi to someone who is shy and sits by themselves... Does it mean kind actions towards classmates, family, strangers, or pets... what does it mean to YOU to Start with hello?

Please create your poster on an 8 ½” x 11” or 11” x 14” piece of paper or poster board (poster boards are available in the front office if needed). Please put your name and your teacher’s name on the back and turn in your poster to the office by Tuesday 9/26. The class in each grade with the highest percentage of participation will win a popsicle party!

It is our hope that these activities will encourage students to always look out for each other and show kindness by saying hello!

