

## Start With Hello

Next Week, September 19<sup>th</sup>- 23<sup>rd</sup> we here at Lutz K-8 will be participating in “Start With Hello Week”. The objective is to teach students how to combat social isolation by showing them how to be more socially inclusive and connected to each other. It emphasizes the importance of having a trusted adult to reach out to when support is needed as well as to be an upstander when they see someone being bullied. (This is done a number of ways; examples, telling the bully to stop, helping the person being bullied to get away from the situation and to get help from a trusted adult).

Here are themes for each day:

**Meet and Greet Monday-** Say hello using the persons name- everyone will have a name tag

**Upstander Tuesday-** Students will learn strategies on how to reach out and connect as well as how to be an upstander

**Wear Green Wednesday-** Green is the Sandy Hook Elementary School color and a symbolic color of change. By wearing green today, your community is making a promise to Start With Hello!

**Trusted Adult Thursday-** Identify who to reach out to when support/ help is needed

**Moving Forward FRI-YAY, Hats off to kindness! Random Acts of Kindness Day**

**Make a difference- Wear Your Favorite Hat- no inappropriate words or images**

**In addition, 2<sup>nd</sup> – 8<sup>th</sup> graders will have the opportunity to create a comic strip about how they can help others feel included in school. Those that wish to submit them will do so by the end of the day Thursday and the winners will be announced on the Friday morning show. The winner’s comic strips will be displayed in the cafeteria.**

If you have any questions or want to know, please contact Mrs. Torres, the elementary school counselor at [Kimberly.torres@hcps.net](mailto:Kimberly.torres@hcps.net)

