




# Start with Hello Week! September 16-20, 2024



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 encourage staff and students to participate in these brief activities that can be done during classroom morning meetings or at another time during the school day..**

Monday, September 16th	Tuesday, September 17th	Wednesday, September 18th	Thursday, September 19th	Friday, September 20th
<b>MEET-N-GREET MONDAY</b> Use your own personalized "Hello Style" to encourage connection and discussions. Connect with someone new or someone you may not normally chat with.  <u><a href="#">Listen to Hello Song GoNoodle</a></u> <u><a href="#">Hello Song   Songs For Kids   Dance Along   GoNoodle</a></u>  SEL/Morning Meeting Discussion about Conversation Skills. <a href="#">View/discuss video:</a> <u><a href="#">Social Skills Video - Having a Conversation</a></u>  <u><a href="#">Start With Hello Lunch Talk Cards</a></u>  Help students practice initiating and sustaining conversations by using Start With Hello Lunch Talk Cards. Students can be given a few of the prompts to use at lunch.  <b>Trusted Adult Tip:</b> Build rapport with students by joining into the fun! Choose a different table every day to answer the Start With Hello Lunch Talk question, and listen to the student's answers!	<b>UPSTANDER TUESDAY</b> Create an environment in which students are encouraged and empowered to do simple, everyday prosocial actions that include others! Recognize Upstanders who are thoughtful and take action to build a safer, more inclusive community.  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.  <b>*Celebrate students in class who are upstanders in your class with 'An Upstander Spotlight Showcase'</b>   <u><a href="#">Upstander Ribbon</a></u>  Take a moment during the day to shine the "spotlight" on students who are Upstanders.  <b>Staff - Recognize a colleague for their upstanding behavior in this week's Shout Outs in News at the Nest.</b>	<b>GREEN WEDNESDAY</b> It's "Green Wednesday". Focus on green today as a symbol of unity, inclusivity, and solidarity.  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.  Together, engage in a Mindful Moment. Take a look around the room, name all the green items/things you see. <b>*As a class, share what the color green symbolizes to them.</b>  <b>Lead a Mindful Minute exercise before engaging in a class activity</b> <u><a href="#">Mindful Minutes PreK - 5th grade</a></u>  <b>Take 49 seconds to engage in this breathing activity together - <u><a href="#">Calm   Breathe Bubble</a></u> with students.</b>	<b>TRUSTED ADULT THURSDAY</b> Celebrate, recognize, and connect to Trusted Adults! Give gratitude and Thank a Trusted Adult in the school.  <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 the Start with Hello <u><a href="#">Note of Gratitude template</a></u></b>  <b>*Staff celebrate and connect with your Accountability Partner today.</b>	<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.  <b>Celebrate the Start With Hello movement by coming together as a community of connection and inclusion. Make <u><a href="#">Start with Hello Promise Pledge</a></u> to keep the Start With Hello spirit going throughout the year!</b>  <b>*Create Space to share how you will be a good friend, colleague - show kindness, empathy, respect and include others.</b>  