



Hello Discovery families!

Next week, September 21-September 25, is Start with Hello Week. Start with Hello Week is an initiative created by Sandy Hook Promise to create a culture of inclusion in our schools and communities. Children are taught and encouraged to take small but powerful actions to promote connection and inclusion, and to identify and help lonely students who are showing signs of social isolation.

Social isolation is the overwhelming feeling of being left out, lonely or treated like you are invisible. Young people who feel this way may pull away from society, struggle with learning and social development, or choose to hurt themselves or others.

Here at Discovery, students will engage in Social Emotional Learning lessons incorporating the 3 steps to ending social isolation: 1) See someone alone, 2) Reach out and help, 3) Start with Hello, as well as topics such as empathy, being an “upstander”, and spreading kindness.

Here are some ways you can help with this initiative at home:

- Review the 3 steps with your child and ask them what they learned about Start with Hello that day.
- Ask your child self-reflective questions such as, “how would it make you feel if no one invited you to play?”, or “why is it sometimes hard to say hello to someone?”
- Discuss scenarios with your child and brainstorm ways to offer help to someone.

Together we can end social isolation and ensure every student feels safe, accepted, and happy!

For more information on Sandy Hook Promise or Start with Hello, visit

[www.sandyhookpromise.org](http://www.sandyhookpromise.org)