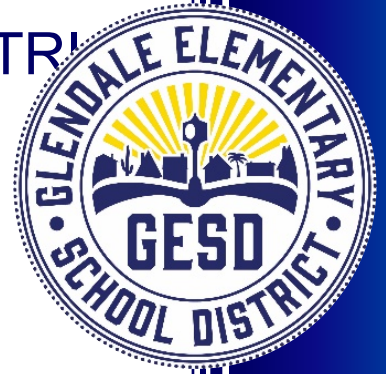


GLENDAL ELEMNTARY SCHOOL DISTRICT NO. 40



Dear GESD Family,

Although we may be distance learning or online learning, we will continue to highlight the Start with Hello campaign! During the week of September 21 through September 25, Glendale Elementary School District students will take part in *Start with Hello*. We will be raising awareness and teaching students how to identify and help others who are showing signs of social isolation. It's a simple act of kindness that involves students to be mindful of others. When they see a student alone, they reach out to help by starting with saying *hello*.

As a parent/caregiver, we know it can be difficult to help your children when others exclude them. Today, many young people experience social isolation, which is an overwhelming feeling of being left out, lonely, or treated as if they are invisible. Some young people who feel this way pull away from society, struggle with learning and social development, or choose to hurt themselves or others. Students are the eyes and ears of a school and community, and may see students alone on a consistent basis, but may not always understand or know how to help. *Start with Hello* teaches all of this.

We encourage you to talk to your child about *Start with Hello* and share what they are learning. Not only will this conversation help you to recognize any signs in your own child's expressions, but it demonstrates to them that you care and can be a person your child turns to if they are feeling left out by friends and peers.

We know that schools are meant to be a place where all students feel connected and included by others. *Start with Hello* will help equip our young people to do their part to keep our school community an inclusive and supportive environment. For more information on *Start with Hello*, please visit

www.sandyhookpromise.org/startwithhelloweek .

Sincerely,

The Behavioral Health and School Safety Team

ALL IN FOR ALL KIDS