



## Wemrock Brook School

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Dear Wildcat Families,

We are pleased to inform you that September 19th - September 23rd will be Start with Hello Week at Wemrock Brook. This special week aligns directly to our Year of Kindness campaign. Our goal this week is to bring awareness about social isolation and making a difference in another person's life through a positive, uniting effort and to create a connected and inclusive classroom, school, and community.

Start With Hello teaches students the skills they need to reach out and include those who may be dealing with chronic social isolation. Last year, over 12,000 schools from across the United States participated in Start With Hello Call To Action week to highlight and spread the message of the power of Start With Hello's three simple steps:

1. See Someone Alone
2. Reach Out and Help
3. Start With Hello

We encourage you to talk to your child about the Start With Hello program and ask them to share what they have learned. Not only will that help you learn how to support your child to identify isolation, reach out and stay connected, it also demonstrates to your child that you take this subject seriously and can support them in their actions to create a more connected and inclusive home, classroom, school and community.

**Start with Hello Week will be a spirit week (Remember, participation is optional, but encouraged):**

*Monday, September 18th: "Be Positive" Day*

*Wear a shirt that has a positive message!*

*Tuesday, September 19th: "Say Hello" Day*

*"Start With Hello" name tags will be distributed and everyone will be encouraged to greet each other by name. Wear tie dye to school!*

*Wednesday, September 20th: "Proud to be a Wildcat" Day*

*"Wildcat Wednesday": We all may be different and unique which is what makes us special, but we all have something in common — we are all part of the Wemrock Brook family! Have your child show school PRIDE by wearing Wemrock Brook spirit wear or blue/yellow for our school colors!*

*Thursday, September 21st: "Wear Green to Show Kindness" Day*

*Show support for school and student safety by having your child wearing green. Green is the recognized color of the "Start with Hello" project which was started by families affected by Sandy Hook. Students will discuss the importance of "starting with hello" and the reasons why inclusivity, kindness, and getting to know others that may not be in their circle of friends is important and necessary!*

*Friday, September 22nd: "Be You" Day*

*Wear something that expresses your personality or wear something that is meaningful to you and displays something important to you! It could be a special sports jersey, a t-shirt with a message you relate to or find important, a shirt or hat representing a favorite band or singer or game! It can be anything about you or something you care about (just make sure it is school appropriate)!*

Thank you for supporting the Start With Hello Week! For more general information about Sandy Hook Promise programs, please visit: <https://www.sandyhookpromise.org/>.

Sincerely,  
Rebecca Seery  
Principal, Wemrock Brook School



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