



Start with Hello Day

Thursday, October 1st

Dear Parents/Caregivers,

October is National Bullying Prevention Month, and throughout the month at Centennial we will be learning about what bullying is, what to do when it happens, and how to prevent it. Creating a positive and caring school climate is an important part of bullying prevention, so we will be kicking off Bullying Prevention Month off with **Start with Hello Day** on Thursday, October 1st.

Start With Hello teaches students the skills they need to reach out and include those who may be dealing with chronic social isolation and help to create a culture of inclusion and connectedness within their classroom and our school. *Start With Hello* has three simple steps:

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

Social isolation is the overwhelming feeling of being left out, lonely, or treated like you are invisible. Excessive feelings of isolation can be associated with adverse behavior. Furthermore, young people who are isolated can become victims of bullying, violence and/or depression. As a result, many further pull away and struggle with learning and social development. The positive news is that there are cures for disconnection and loneliness if we reach out and help one another.

Start with Hello Activities on Thursday, October 1st will include:

- ☺ **Sprit Day** - Centennial Rams START WITH HELLO - **Wear something Green** (Centennial's school color) to show our support for each other at school
- ☺ Fun Classroom activity to help students learn something new about their peers and make new friend connections
- ☺ Teaching students how to use the "Rams Care" benches on the playground to help prevent students from feeling socially isolated at school.

More information and resources about bullying prevention can be found on Centennial's Counseling website at www.centennialramscounseling.weebly.com

Thanks for your help in supporting Start with Hello Day and National Bullying Prevention Month at Centennial!

"Mrs. J."

Amy Johannesen
Centennial School Counselor