



"START WITH HELLO" WEEK ACTIVITY GUIDE



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SANDY HOOK PROMISE
AND VALUES MATTER MIAMI





"START WITH HELLO" WEEK ACTIVITY GUIDE

Miami-Dade County Public Schools, in partnership with Sandy Hook Promise, is kicking off a district-wide Start With Hello (SWH) Week to raise awareness and educate students to be a more connected and inclusive community. SWH Week will support the District's commitment to making students from every background feel welcome and accepted in our schools. With themes and suggested activities for each day of the week, schools are encouraged to create and participate in activities that promote this awareness throughout their schools. Students are also encouraged to spread this message into their communities to increase the reach beyond the schools.

Some tips to get you started:

1. Read through Sandy Hook Promise manuals, resource guides, blog, and website for tips on how your school can best participate and implement a successful week. Links to these resources are found on the last page of this manual.
2. Find and designate a champion(s) among your staff who can spearhead and plan the week's activities in concert with a school club or school leaders.
3. Decide what activities you will participate in, when, where they will take place, and advertise them to the students in a visible place (i.e., posters around the school, flyers, e-mail distribution, social media, website, and school broadcasting program). Let us know of your unique plans so we can highlight your school. Let us know by e-mailing **blair.freedman@sandyhookpromise.org**.
4. Reach out to Sandy Hook Promise Miami-Dade Program Coordinator, Blair Freedman, at blair.freedman@sandyhookpromise.org, and/or Executive Director of Student Services, Sharon Krantz, at skrantz@dadeschools.net if you have any questions.
5. Activity templates can be found at <http://osi.dadeschools.net/valuesmatter/>.



DAY 1: "HEY DAY"

Students and teachers are asked to wear name tags. This event encourages students to say hello to each other and use their names.



WHAT YOU CAN DO:

- Create and post visual expressions of "Hello" around the school. Don't forget to use a multi-language version.
- Purchase name tags (or use the name tag template) and pens to place in an accessible area where students typically arrive.
- Distribute flyers with the week's activities accessible to students on or before the first day. Flyers can be distributed at the same time as the nametags. Please feel free to create your own or use the template.
- Invite youth leaders to arrive to school early to hand out "Hey Day" tags personally to students as they arrive and describe what it means.
- Make a student-led morning announcement about the name tags following their distribution.
- Post icebreakers around the school, in classrooms, in the hall, and in the lunchroom to encourage conversations with someone new. Feel free to use icebreaker template, in the SWH Student Guide, or create your own.

TAKE IT TO THE COMMUNITY

Encourage your school's local partners to host name tag events with staff and clients.





DAY 2: "POSITIVITY TUESDAY"

Inspire kindness and allow those who need some positivity to take it.



WHAT YOU CAN DO:

- Display large posters around the school where sticky notes with positive quotes/small messages can be added.
- Post on social media telling everyone, "I will #StartWithHello" and share your positive thoughts or action of the day.
- Text someone you know an encouraging and positive message.

- Place "Share Some Positivity" handouts around the school. Feel free to print this sample or create your own version.
- Organize an "Intentional Acts of Kindness Day" and encourage everyone to go out of their way to do something nice for someone else.



TAKE IT TO THE COMMUNITY



- Community partners can display the "Share Some Positivity" handouts on posters, billboards, bulletin boards, or marquees around their sites.
- Ask local businesses, parks, and agencies to create a "positivity corner" or specific place to display kind and inspiring materials.



DAY 3: "MAKE MIAMI GREEN"

Green is the color of promise and Sandy Hook Promise. Wear green as a way to show our District's commitment to create an inclusive community.

WHAT YOU CAN DO:

- Ensure messaging goes out prior to Wednesday encouraging all students and faculty to wear something green (t-shirts, shoes, socks, a pin, whatever is within the dress code).
- Create pins or ribbons and distribute to students, teacher, and staff.
- Decorate bulletin boards, classrooms, or special areas with green decor, such as balloons, streamers, or poster boards.
- Take a photo of your green masterpieces and students wearing green.
- Host contests for most spirited student, classroom, club, or grade level.
- Use green cups or ribbons to create a promise message on your school's fence.
- Get creative and post your creations on social media with the hashtag #MiamiStartsWithHello.



TAKE IT TO THE COMMUNITY

- Encourage community partners to wear green, light up and decorate their space with green, and explain the significance of the color.
- Post on social media and encourage followers to support #MiamiStartsWithHello by wearing green.



DAY 4: "MIAMI-DADE MINGLES"

Encourage students to go outside their circle and meet new people.



WHAT YOU CAN DO:

- Arrange themes (birthday months, color shirt, etc.) at each lunch table for students to meet someone new.
- Have prompts with “This or That” questions at lunch tables to serve as icebreakers and conversation starters. Feel free to use these ["This or That" questions](#) or make up your own!
- Organize a “Mix Your Clique” day with the help of school leaders.
- Design a scavenger hunt with certain people that the students will need to meet, take pictures with, and post on social media. Examples may include: find a boy wearing purple sneakers or find a girl wearing pearl earrings.
- Post pictures throughout the day as you complete each step of the scavenger hunt.

#MiamiStartsWithHello

TAKE IT TO THE COMMUNITY

- Community partners are asked to find creative ways to connect with new people outside their familiar circle.
- Sit by someone new on public transportation.
- Introduce yourself to the employees at a local restaurant or store in your area.





DAY 5: "FORGET ME NOT FRIDAY"

To ensure that our inclusion awareness efforts touch not only the schools, but also our communities, everyone will have a chance to pledge to always say hello and be kind to one another.



WHAT YOU CAN DO:

- To help make the message of Start with Hello last beyond the week, add a Start With Hello initiative or charter into an existing club, perhaps one related to mentoring or civic responsibility.
- Recruit or become a Start With Hello adult champion within your school or youth organization and support students in organizing Start With Hello throughout the year.



- Print out pledge cards for students to write out and display their pledge.
- Use a Selfie Dry Erase board or create your own to write out your pledge and take picture.
- Post pledges on a "Pledge Wall" or "Pledge Banner" in a designated area of the school.
- E-mail your pledge to yourself, friends, and family to remember your commitment.

<http://www.thesuburbanite.com/news/20160311/green-encourages-students-to-say-hello>

TAKE IT TO THE

COMMUNITY

- Community partners can find their own unique ways to make this pledge.
- Ask popular student hangouts, such as the local coffee shop, community library, rec center or pizza place to hang Start With Hello posters or display poems, short stories or pictures created by students about Start With Hello.



ADDITIONAL RESOURCES

For additional information, activities, and ideas:

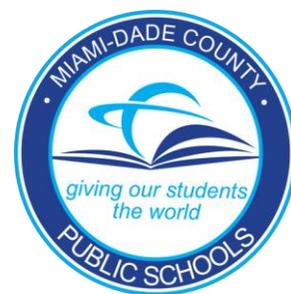
[Start With Hello Student Guide](#)

[Start with Hello Educator Guide](#)

[Start With Hello Week Tumblr](#)

www.sandyhookpromise.org

[Activity Links](#)



Don't forget to tweet and post your school activities on social media. Use [#MiamiStartsWithHello](#) and include your school's [#hashtag](#).