



September 8, 2020

Dear Faculty and Staff,

In every school and community, there are young people who suffer silently because they feel left out, alone, or invisible. Social isolation is a growing epidemic in our schools and across the United States. Young people who are isolated can become victims of bullying, violence, and/or depression. Many then pull further away from society, struggle with learning and social development, and/or choose to hurt themselves or others as a result.

**This is why we are bringing Sandy Hook Promise's *Start with Hello* program to Felix J. Appleby Elementary School for TK-8<sup>th</sup> grades.**

*Start with Hello* is an age-appropriate training that raises awareness and educates students about social isolation and how to create a connected and inclusive classroom, school, and community.

We encourage you to use the *Start with Hello* introduction presentation and to talk with your students about the importance of being "upstanders" and looking out for one another. Please look for a calendar of schoolwide events and activities that will take place during the program's "Kick-Off Week" (September 21<sup>st</sup> through September 25<sup>th</sup>).

Please supplement these activities with teacher-led classroom lessons and activities. To gain access to lesson plans and activities to accompany the *Start with Hello* presentation, be sure to register on the website:

<https://www.sandyhookpromise.org/our-programs/start-with-hello/start-with-hello-week/>.

In addition, please see the Educator's Guide in the three-ring binder that is provided to you. You can also access the educator guides on Sandy Hook Promise's [Start With Hello Resources Page](#).

Please reach out to us if you have questions. For more information about Sandy Hook Promise, please visit: [www.sandyhookpromise.org](http://www.sandyhookpromise.org).

Sincerely,

Sal Gutierrez  
Coordinator of Student Services  
Felix J. Appleby Elementary School

Karina De La Pena  
Principal  
Felix J. Appleby Elementary School