

Mill Creek Elementary School

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October 1, 2019

Dear Parents/Caregivers,

We are pleased to inform you that the week of October 7th-11th, your child will be taking part in Start With Hello Week at our school. Start With Hello teaches students the skills they need to reach out and include those who may be dealing with chronic social isolation and create a culture of inclusion and connectedness within their classroom, school and community. 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

Social isolation is the overwhelming feeling of being left out, lonely, or treated like you are invisible. It is a growing epidemic in the United States and within our schools. Excessive feelings of isolation can be associated with violent and suicidal behavior. Furthermore, young people who are isolated can become victims of bullying, violence and/or depression. As a result, many further pull away from society, struggle with learning and social development and/or choose to hurt themselves or others. The positive news is that there are cures for disconnection and loneliness if we reach out and help one another. 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 connect, and Start With Hello, 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. Thank you for supporting Start With Hello Week!

Sincerely,

Ann Kane
Mill Creek Principal