



Dear Cayuga Families,

We are pleased to inform you that next week (September 28th - 30th), CAYUGA Elementary will be taking part in Start With Hello Week!

Wed., 9/28: #GreenOut

*Wear GREEN to support Start With Hello & Sandy Hook Promise

Fri., 9/30: #TeamCAYUGA

*Wear school colors/gear to show off your "Team Cayuga" spirit.

Why Start With Hello?

Loneliness is the overwhelming feeling of being left out and social isolation is not having frequent interactions with friends. Young people who feel this way may pull away from society, struggle with learning and social development.. Due to COVID-19, all students can empathize with the feelings of isolation due to physical and social distancing. *Start With Hello* is an important social and emotional learning program to reintroduce students to the power of connecting and helping one another.

Start With Hello teaches students the skills they need to reach out and include those who may be dealing with loneliness and to help 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 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 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 CAYUGA's Start With Hello Week!