

October 25, 2019

Titan Parents,

Fort Bend ISD is partnering with Sandy Hook Promise to present Start With Hello, a program that teaches students to be more socially inclusive and connected to each other. The program is designed to help reduce social isolation and bullying, while creating a culture of inclusion in schools and communities. Throughout October, *Start with Hello* program presenters will visit all FBISD middle and high schools to lead students in a free training program. They are coming to Sugar Land MS next Thursday, October 31.

Through the *Start with Hello* activities and curricula, students will learn how to:

- See Someone Alone – and recognize the signs of loneliness and social isolation
- Reach Out and Help – and learn what students can do to help others feel included
- Start With Hello – and learn to break the ice and strike up a conversation

The *Start with Hello* program works to empower students to recognize traits of social isolation among their peers and report warning signs to trusted adults. The program does not seek to cause alarm or provoke ideas that schools are unsafe. (*Note: the Sandy Hook Promise “Back-to-School Essentials” public service announcement video is not a component of this program and will not be shown to students.*) The program instead teaches students to create a school culture of acceptance and inclusion for everyone. Social isolation is a very real epidemic that can cause individuals to pull away and, in some cases hurt themselves or others. Through proper training, our students can feel connected to each other and develop skills to build healthy relationships that will benefit them for years to come.

Learn more about *Start with Hello* at <https://www.sandyhookpromise.org/startwithhello>.

The *Start with Hello* presentation will be held at our school next Thursday, October 31, through grade-level assemblies in the afternoon. Seventh grade will be 6th period, eighth grade will be 7th period, and sixth grade will be 8th period. Parents are welcome to attend, if they desire. They just need to allow for time to check in at the front office with their driver's license.

Sincerely,

Keith Fickel, Principal