

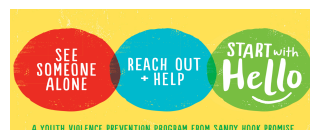


BMS Start With Hello Week

September 15-19th

Throughout the week BMS students and staff members are encouraged to perform random acts of kindness and say hi to people you may have never interacted with throughout our BMS learning community.

Monday, September 15	Positive Message Day Wear a shirt with a positive, uplifting message! Stop by the Eagles Nest to pick up a positive message from your School Counselors!
Tuesday, September 16	Mental Health Awareness Day- Wear Green Stop by the Eagles Nest to check in on the Mood Meter and use some self-regulation strategies.
Wednesday, September 17	Wear Tie Dye and Wave Hi! Students are encouraged to wear tie dye and wave hi to someone new. Stop by the Eagles Nest to pick up compliment & Kindness notes to give to a friend or someone new!
Thursday, September 18	Cluster Color Day! Show unity within your cluster by wearing your cluster color! Stop by the Eagles nest for a photo-op with your cluster friends. Pictures will be shared in the BMS yearbook.
Friday, September 19	Wear Your Blue and Gold Day Wear your Blue and Gold to show unity and inclusion at BMS!



<https://www.sandyhookpromise.org/startwithhelloweek>