

Celebrate *Start With Hello* Week with a Pep Rally!

Can we get a H-E-L-L-O?

Pump up the school community with *Start With Hello* (SWH) spirit by organizing an inclusive pep rally. You can personalize your pep rally, but we've included some fun ideas below!

Please send us your [Start With Hello Week](#) pep rally photos and videos so you can have the chance to be featured in a Sandy Hook Promise training video. Upload your photos and videos [HERE](#). Include your first initial, last name, school, city, and state.



Kick-off the week with a H-E-L-L-O pep rally on a sports field or in a large auditorium. Invite student leadership clubs, sports teams, counseling staff, and a few local Upstander “celebrities” to get students pumped up for the daily themes and activities. Use this opportunity to encourage and empower students to reach out, include others, and help build a campus centered on belonging. Can't bring all students into the same space? Stream your pep rally events through the school broadcasting system and on the school website so that families can participate in the festivities too.

Start With Hello Week Pep Rally Checklist

- ✓ Select at least one adult and one student or student leadership club to co-coordinate
- ✓ Plan for student and adult speakers who can promote the Upstander and Trusted Adult messages.
- ✓ Promote the time and place — get as many students as possible, *SWH* is about inclusivity, connection, and belonging.
- ✓ Plan for activities that celebrate the *SWH* message, see the Upstander Pep Rally Parade, Green Out Competition, and these [daily themes](#) for inspiration.
- ✓ Get music with uplifting, empowering, and positive messages.
- ✓ If there's a budget, celebrate with creative giveaways. Ask local organizations and businesses to donate some merch for your *SWH* festivities.

BUILD OUT YOUR PEP RALLY WITH THESE ACTIVITIES



Organize an Upstander Pep Rally Parade!

Get a school band, dance team, and mascot to perform and march through the hallways during homeroom, advisory, or one class period with *SWH*-themed signs, swag, and upbeat music.

Before the parade, ask classes to nominate Upstanders and Trusted Adults who make a huge positive impact in the school community. Give nominated Upstander signs, certificates, or sashes as the parade moves through the hallways. A few other activities to get all students involved:

- Give a cheer for nominated Upstanders in each homeroom.
- Shout-out to Trusted Adults who make a big difference!
- Create a call-and-response cheer with the three steps of the *Start With Hello* program:
 1. See someone alone.
 2. Reach-out and help.
 3. *Start With Hello!*

Pep Rally Competition. Who's got the greatest Green Out spirit? Launch a competition between each Homeroom, Advisory, or first-period class. Classes can make *Start With Hello* signs, decorate classroom doors with Upstander and Trusted Adult themes, wear green, and compete to be the most spirited class. Include team-building activities in each class to build that sense of camaraderie and belonging.



Get some inspiration from Sandy Hook Promise's virtual *Start With Hello* Week pep rally [HERE](#).



Share your pep rally photos and videos with Sandy Hook Promise [@sandyhookpromise](#) on Instagram and Facebook and [@sandyhook](#) on Twitter. When you post, be sure to tag us and include [#SandyHookPromise](#) [#StartWithHello](#) [#StartWithHelloWeek](#).

← **DOWNLOAD** this social media action kit with tons of *Start With Hello* digital assets to promote your pep rally and *Start With Hello* Week activities!