THE HOPE SQUAD

Letter's to Newtong's Seniors
On Friday, April 23rd, Newtown High School hosted a mental health awareness fair called Check In. Based on the Jordan Porco Foundation's national Fresh Check Day program for colleges, the high school Check In program creates a fun, approachable atmosphere to foster dialogue about mental health and wellness.

NHS student clubs and organizations ran different booths and activities at the fair, and the NHS Hope Squad members ran the "It Takes A Village" booth. The message of the booth was that doing acts of kindness and getting involved in the community can have positive impacts on health and wellbeing. At their booth, the Hope Squad students encouraged their peers to write notes of hope and support for seniors in our community.

Attached are some of those messages of hope from NHS students for you.
Hi,
I hope you are doing well. We are thinking of you. You are strong! And you are loved! Have a great day!

Love,
from the NHS hope squad

I hope your day is wonderful!

I wanted to let you know that I am thinking of you!

Love, Kathy
Dear Senior Citizen,
Stay strong! Have hope and you will get well soon.

Take care! ☺

Hi, I hope you are having an amazing day! I hope you are well.
-Kayleigh

Hope you have an amazing day!
♥, A Friend
I hope you are doing well and that today is an AMAZING day!
Take care!
-Paige ∙

Hope your having a great day!!

Stay Strong ❤️

Senior Citizen
I hope you have a great time and eat well
Hello!

Happy Spring! Remember to smile and enjoy the sun! Sending positive thoughts your way.

-NHS student

Hope you are staying healthy!

Hope you have an amazing week!

Hi,

Since Spring is here, I hope you are able to enjoy nice weather! Have a good day!
Have a wonderful day today!
Go enjoy yourself and relax today, the weather is getting nice and you deserve it!

HELLO,

You ARE Awesome!

SENDING LOVE 😊

Hi,
I hope you’re staying safe during these times; have a nice day;
-freshman at nhs

Hi, this is just some high schooler just want to say I hope everything works out for you after this crazy year!
Hello!
I hope that your day is filled with joy and positivity!
-A Newtown HS Student
I love you!

Dear Suma Sintin,

I hope you are doing well. I miss you so much. I hope you are doing well and staying safe.

Have a great day!

- Maddie

Hello! Stay safe in this time of need.

- Aidan

There!

My name is Maddie and I hope you are doing well and staying safe.

- Maddie

Dear Suma Sintin,

I hope you are doing well. I miss you so much. I hope you are doing well.

To see you soon,

Lisa
Hope life is treating you well, I know it can be hard!

Have a great Day😊

I love you!

Hello!
I hope you're having a wonderful day and are living life to the fullest ☝️
Hi! Hope you are well!
Have an amaze day!

Hi!
I hope you have a good life and day! You have good stores!

- Courtney

hi!
Hope you are doing well!
Warm days are ahead!
I can't wait for summer, what about you?

Treasured, we love you!
I hope you have a great day!

- A random kid

keep being cool

😊
Wishing you a sparkling day bpm
Keep smiling
Kathy