



THE HOPE SQUAD

Letter's to
Newtown'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!

♥ ALLY
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,

Hope you have an
amazing day!

♡, A Friend

Dear Senior Citizen,
Take Care! ☺

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

-Kayleigh ♡

Hi!
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!

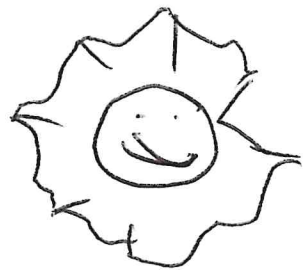
- NHS student

Hope you are staying
healthy!

Hope you have

a amazing

week!



Hi,

Since Spring is here
I hope you are able
to enjoy the 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 <3

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!

Have an amazing day!

♥ Norah
NHS

Hello mrs. or ~~mr~~ have a good
Day

Hello!

I hope that your
day is filled with
joy and positivity! ♥

- A Newtown HS Student

I love
you!

Hello, Stay Safe in this
time of need

- Aidan ~~unimmmmm~~

Dear Senior Sintin,

I hope you're doing well. I

miss you so much. I have

to see you soon.

From,
Lili

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

Have a great day!
-Maddie

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



I LOVE
YOU
♡

Have a great
Day ☺

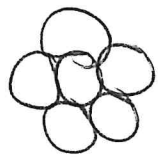


Hello!
I hope you're having
a wonderful day and
are living life to the
fullest ♡

You are not alone,
You are appreciated,
valued, and
Treasured
We ♥ U!

Hi! Hope you
are well!
Have an amaze
day!

hi!
hope you are doing well!
warm days are ahead!
I cant wait for summer,
what about you?



Hi!
I hope you have a
good life and day! You
guys are cool and
have good stores!
-Gourdney

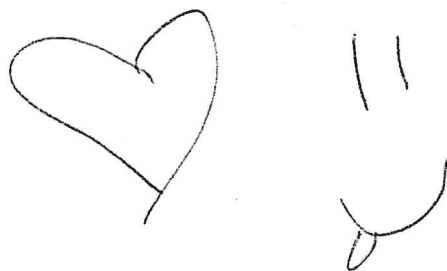
I hope you have a
great day ☺

- A random kid

keep

being

cool



Wishing you a
sparkling day! ♡

😊 Keep smiling
Kathy