

Hope Lives Here


WHAT IS H.O.P.E WEEK?


When we talk about H.O.P.E we are focusing on building Healthy Outcomes from Positive Experiences. Optum Idaho, in partnership with Idaho Resilience Project (IRP) and The Youth Advocacy Coalition, invites you to participate in Mental Health Awareness Month by bringing H.O.P.E Week activities to your community

Engaging in fun activities is a great way to help reduce stress, build resilience and can be an easy way to initiate conversations on mental health.

H.O.P.E (HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES)

JOIN US MAY 16TH- 21ST ACROSS VALLEY COUNTY

 **BAND TOGETHER:**
Monday, May 16th- Optum Idaho provides a wrist band to all students and school staff to reinforce "You Matter; You are Loved."

 **ROCK YOUR SOCKS WEDNESDAY:**
Wednesday, May 18th- Student, parents, teachers, staff, business and community leaders are encouraged to wear fun/colorful socks

MY TRUSTED ADULT TREE:

Tuesday, May 17th- Students identify a trusted adult and explain why they can turn to them when times are tough. Sticky notes will be displayed in school hallways



THREE COMPLIMENT THURSDAY: 
Thursday, May 19th- Students and staff are encouraged to compliment at least three different people today

HIGH FIVE FRIDAY:
Friday, May 20th- High-Five your friends and school staff



MULTI - GENERATIONAL HIKE/BIKE:
Saturday, May 21st- Everyone is encouraged to come hike or bike in Ponderosa at 10AM, we will be meeting at the Activity Center.