

National No One Eats Alone Day

National No One Eats Alone Day is on February 18th and promotes the idea that lunchtime is a shared time. It is a time for inclusiveness, for students to see beyond individual differences and engage in meaningful conversations over lunchtime. It is also a time to help end social isolation and create a culture of belonging.

Description of the Activity: In this activity, you will explore and reflect on the significance of inclusion and belonging by taking action and answering three (3) questions. The response to each of the three (3) questions is required to be at least 3-4 sentences in length in order to earn SSL credit.

How SSL Hours Are Earned: Complete the activity according to the below instructions and earn one (1) SSL hour.

Deadline for this activity is: Friday, March 4, 2022

If you have any questions, please contact Hoover MS PTA at: HooverMSPTA@gmail.com

Please submit ALL the below REQUIRED information and responses to: HooverMSPTAwhm@gmail.com. In the subject line of the email write "National No One Eats Alone Day."

- 1) Student Last Name
- 2) Student First Name
- 3) Grade
- 4) Student's email address (Do NOT use your MCPS student email address. If you do not have a personal email, provide the email address of your parent/guardian. We need an email address to send your SSL form.)
- 5) Take action: During the month of February 2022, invite someone different to eat lunch with you and your friends. The person you ask should be someone you think may want or need some friendly help to gain a sense of belonging. During lunch, make an effort to include the individual in conversation. (If this is not possible because of Covid restrictions, you can describe an experience in the past when you helped someone or someone helped you gain a sense of belonging.) After taking action, answer the three (3) questions below.
- 6) Question One - What is the objective of National No One Eats Alone Day? **Response is required to be at least 3-4 sentences in length in order to earn SSL credit.**
- 7) Question Two – What did you gain from this experience? What do you think the other person may have gained? **Response is required to be at least 3-4 sentences in length in order to earn SSL credit.**
- 8) Question Three – In the future, what changes will you make to your actions if you see someone you think may have difficulty feeling like they belong? What will you do if you have difficulty feeling like you belong? How do you plan to encourage others to help those who are feeling isolated or feel like they don't belong to the group? **Response is required to be at least 3-4 sentences in length in order to earn SSL credit.**