

be nice. *in action*

A note from Executive Director

Cristy Beck

Thank you so much for the work you are doing to promote the be nice. Action Plan in your schools. We know it can be challenging, but keep empowering yourself and others to make a positive impact with students and staff.

In the wake of the Stoneman Douglas school shooting - a tragic reminder of the importance of mental health awareness and education - the notice step is crucial. Taking time to notice how students are behaving, or notice what they're posting or saying online or in-person can make a big difference. It can even save a life.

Don't forget to check the portal for additional resources. We are working diligently to keep be nice. sustainable within your district and staff is always here to help.



If you haven't signed up for the be nice. Middle School Symposium on March 16th, there's still time to do so! Please email your RSVP with the number of students and staff who will attend to catlanting@benice.org



be featured.

Live Laugh Love Schools

New year, furthering education. Four school districts brought in the MHF educators to take their mental health education one step further with the Live Laugh Love Educating Youth About Mental Health course. This is a four-session, multimedia suicide prevention course for middle and high school health classes.



If you think a student, staff, classroom, building has gone above and beyond to be nice. We want to hear from you! Each month someone will be chosen to "be featured." in our newsletter. Email submissions to jessicajones@benice.org.

Sign onto the portal

The be nice. Portal has a brand new design this year and it was made with the liaisons in mind. We want your school's be nice. experience to be a successful one. The portal has everything from school-wide activities to classroom lessons. If you haven't logged on, do it now! You'll be glad you did.

www.beniceonline.com

be fresh.

The be nice. Portal was re-designed with liaisons in mind. We appreciate the extra work you're putting in to make your school community a better place, so we want to make it easy on you! The portal is filled with activities and lesson plans.

be nice. Activities

be Crafty.

be Aware.

Empower Yourself

Give What You Can, Take What You Need

Words are like Glitter

THINK Before You Speak



be nice. Lesson Plans

be nice. Elementary Resources

invite

Friendship Discussion

- Color Page - notice
- Color Page - invite
- Color Page - challenge
- Color Page - empower
- Color Page - be nice. 1
- Color Page - be nice. 2

be ACTIVE.

A big part of the be nice. Program is the assembly! This is a great opportunity to get the entire building speaking the n-i-c-e language and promote mental health awareness. If you'd like the be nice. Staff to come in and assist in planning, call Kandice (for Elementary) or Cat (for Middle/High School).



Tri County Middle School



Holy Spirit Catholic School



be involved.

Enjoy Spring Break at the Grand Rapids Ballet!

Staycationing for spring break this year? Invite your students to join us at the Grand Rapids Ballet in Downtown Grand Rapids for fun activities and giveaways.



Fifth Third River Bank Run be nice. Run Team

The MHF is one of the charity partners for the Fifth Third River Bank Run this year and we want representatives from your school to join our be nice. Run Team! You can choose to run as an awareness runner or a fundraising runner. Click on the button below to learn more!

be helpful.

Volunteering is a great way to be nice. Let's take advantage to help others this holiday season. Here are some opportunities to make an impact in your community!
Encourage students to sign up and invite a friend along.



Stomp Out Stigma 5K Walk for Mental Health

Saturday, May 19, 8 a.m. - 11 a.m.

We challenge you to create a walk team to represent your school in our annual Stomp Out Stigma 5K Walk in downtown Grand Rapids! This walk brings thousands of people together to promote good mental health, suicide prevention and stigma reduction. All proceeds from this event benefit mental health education programming. We also need volunteers!

For more information on how to get involved email kandicesloop@benice.org



  <p>Let's pack the arena! Support be nice. and enjoy a Griffins Hockey Game on Saint Patrick's Day</p> <div style="border: 1px solid black; padding: 5px;"><p>When: Saturday, March 17 7 p.m. Where: Van Andel Arena Ticket Price: \$5</p></div> <p>You can order a be nice. Shamrock shirt and Griffins ticket for only \$10!</p> <p><small>Tickets will be sold on a first come, first serve basis while supplies last.</small></p>	<p>Don't get pinched! Celebrate St. Patrick's Day in our special Green Shamrock Edition be nice. Tee!</p>  <p><u>Youth Shirt Sizes</u> Small (6-8) Medium (10-12) Large (14-16)</p> <p><u>Adult Shirt Sizes</u> Small Medium Large X-Large XX-Large 3X- Large 4X- Large</p> <p>Please Fill Out the Order Form Below:</p> <p>Shirt Orders: Due by March 2 (please write the quantity of the size you'd like on the line.)</p> <p>Youth Size: small _____ medium _____ large _____</p> <p>Adult Size: small _____ medium _____ large _____ XL _____ XXL _____ 3XL _____ 4XL _____</p> <p># of game tickets = _____</p> <p># of tickets + # of shirt(s) _____ x \$5 = \$ _____ total</p> <p>Please enclose check or call 389-8601 to pay with a credit card.</p> <p><small>Mental Health Foundation of WM 349 Division Ave South, Grand Rapids, MI 49503</small></p>
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You can download this order form on our website at <https://www.benice.org/griffins>