

# be nice. *in action*

## A note from the MHF team

We can hardly believe we're in the home stretch! We are so proud of our be nice. students and staff who have done an incredible job keeping be nice. relevant throughout the school year.

May is Mental Health Month and our 16th Annual Stomp Out Stigma Walk for Mental Health takes place on May 19th. Walkers gather at the GVSU Seward parking lot in the morning and walk just over three miles along the Grand River Walk. We would love to see our be nice. students and staff form teams to walk together to help us promote good mental health. This fundraiser helps support mental health education programming in schools like yours. Please consider attending!

We would also like to thank the schools who have signed on to be participants in the last section of our evidence base study for be nice. programming. With your help, this will be complete by next year.

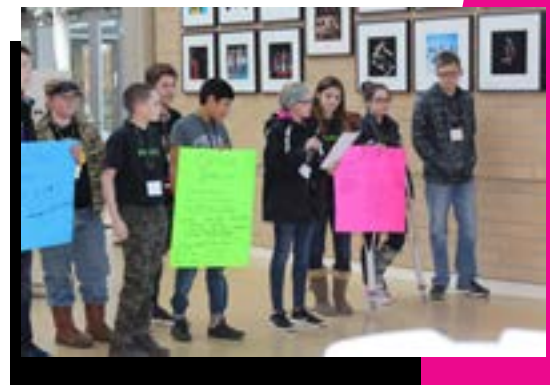
Liaisons, don't forget to read the "be informed" section. There are new dates for be nice. Trainings included in your startup and renewal fee.

While you finish up the school year and enjoy the warmer weather, please remember to be nice.



## be featured.

About 100 students gathered for the be nice. Middle School Symposium in March! It was a great, interactive event that gave students the opportunity to collaborate and bring new ideas to their buildings.



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](mailto:jessicajones@benice.org)

# be informed.

## 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](http://www.beniceonline.com)

## be nice. Institute Trainings

### BN 102 - be nice. Liaison Training

Learn how to make be nice. a sustainable program in your school and district, how to create staff interest and involvement, and how to navigate the online portal.

- June 13th from 8:30 a.m. to Noon at the KISD Educational Service Building
- June 18th from 8:00 a.m. to 11:30 a.m. at KRESA
- June 27th from 9:00 a.m. to 12:30 a.m. at OAISD
- August 15th from 10:30 a.m. to 2:00 p.m. at the KISD Educational Service Building
- August 20th from 9:00 a.m. to 12:30 p.m. at the OAISD

Please register on our website: <https://www.benice.org/be-nice-institute>

### BN 104 - be nice. Reboot

Start the school year with some fresh ideas to keep be nice. exciting and sustainable. You will have the chance to collaborate with fellow be nice. Liaisons and get advice from MHF staff.

- June 13th from 1:00 p.m. to 2:30 p.m. at the KISD Educational Service Building
- August 15th from 8:00 a.m. to 9:30 a.m. at the KISD Educational Service Building
- August 20th from 1:30 p.m. to 3:00 p.m. at the OAISD

Please register for one or more of the following dates on our website:

<https://www.benice.org/be-nice-institute>

# 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 Active.



### be Aware.



# be involved.



## Fifth Third River Bank Run be nice. Run Team

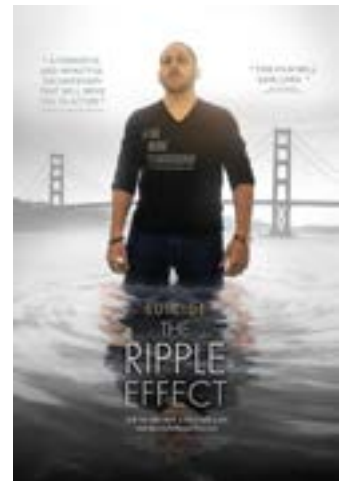
The MHF is one of the charity partners for the Fifth Third River Bank Run this year and we want you cheering on our team on the sidelines! Wear your be nice. gear and show your support for good mental health.

## Attend a Ripple Effect Showing

The Ripple Effect is the documentary made by Kevin Hines, who attempted to take his life by jumping off the Golden Gate Bridge when he was 19. Kevin takes a journey to better understand the ripple effects his suicide attempt had on his family, friends, and the first responders who helped save him.

May 3 - Holland 8 Theater <https://gathr.us/screening/22881>

May 23 - Cinema Carousel <https://gathr.us/screening/23115>



# be helpful.

Volunteering is a great way to be nice. 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](mailto:kandicesloop@benice.org)

