



No One Eats Alone® (NOEA) Program FAQs

[Centene School Form Sign-Up Form](#) ←-BOOKMARK THIS PAGE!

When is NOEA Day?

NOEA Day is February 14, 2025, but can be celebrated at any time throughout the school year. No One Eats Alone Day commemorates the legacy of Lili Rachel Smith, a teenager whose story of healing from social isolation inspired others to start a movement to bring awareness to ending social isolation for others. To learn more, visit:

<https://www.beyonddifferences.org/lilis-story/>

When should I sign my schools/organizations up?

We encourage you to get them signed up by January 14th, 2025 as it can take a few weeks for our vendor to fulfill orders.

What if a school has already signed up without Centene's assistance?

No worries! You do not need to sign them up again. We will check on the back end if they have signed up, and will mark it as a Centene school. Please notify National Programs Manager, Simran Kumar, at simran.kumar@sandyhookpromise.org so we can check and track this.

What if I need help finding schools in my area to recruit?

Some healthcare representatives have tapped into their network of local school nurses, psychologists, and counselors to recruit several schools. Others tap into their community-based or faith-based organizations like Boys & Girls Club or YMCA (yes they can also participate)!

How many Belonging Boxes (formerly called activity kits) will a school receive? How many students can participate with each activity kit?

We will send **one box for every Centene School (only one educator per school/org)**. If you want to give out more merch than provided during a press event, we encourage you to order

additional merch now from your healthcare plan to distribute to students. The Belonging Boxes will contain:

- 1- NOEA Draw String Bag
- 100 Hundred Sheets of the Hearts & Hands Activity (2 students per sheet). 200 students can participate, but a school can make as many copies of this sheet as needed so more students can participate
- 1- postcard with a QR code to link to the digital NOEA curriculum, including Conversation Cards to use at lunchtime that can be printed and instructions on how to run the art activity
- 1- large vinyl NOEA banner
- 50 NOEA stickers and 50 wristbands to pass out to NOEA Day Student Leaders and active participants
- 1 six-pack starter kit of markers for students to use
- 1- sheet of poster paper to hang mural

What are some key talking points to help me convince schools to sign up?

- Our leading No One Eats Alone® positive prevention program centers around a national day of action. The program consists of a comprehensive set of school-based activities and lesson plans that encourage youth to sit with others, find new friends, and model ways to end social isolation.
- Over 2,000 schools participate every year. We have a goal to sign up 2,625 schools this year.
- Our NOEA program is listed as a [top recommendation](#) to foster social connection in schools by the Surgeon General's Office.
- In addition to supplies for the community mural, you will also receive digital versions of Conversation Cards to encourage students to talk to someone new at lunch.
- NOEA Day can be celebrated anytime other than February 14th, and Conversation Cards can be used anytime for brain breaks during class, group counseling sessions, club meetings, etc. They are designed for students to connect with each other in a low-stakes way.

What is the main art project for NOEA Day?

It is called **Bridging Hands, Taking Flight**. Please refer to the **NOEA Kickoff Call Slide Deck and Recording for more details on this**. Students work in pairs to complete and connect over a Hearts and Hands Activity sheet. All sheets are collected by student leaders, who then put up a decorative mural that forms a set of wings, reinforcing the message that the more connections they make in school, they can soar to new heights together.

Do I need to promote the other lesson plans with NOEA Day?

It is not mandatory, as your focus is encouraging schools to celebrate NOEA Day. This can be a great talking point to encourage schools to sign up, and to let them know that they have additional access to lesson plans that teachers can do leading up to NOEA Day at no cost. YOU DO NOT NEED to teach those lessons on NOEA Day.

Where can I find instructions to facilitate the community mural?

A link to instructions will be located on the NOEA section of our [Curriculum Hub](#) page when published on December 17, 2024. The link will be shared with Centene representatives once ready via email.

Are there additional training sessions coming up?

Yes! We will have two virtual training sessions on January 14, 2025 on How to Run a NOEA Day. You can invite schools that you recruited to this. We will email you the link to register as soon as it is open.

How do I know my schools received their box?

You can email National Programs Manager Simran at simran.kumar@sandyhookpromise.org and she can inquire with our vendor about the status of the box. Please ensure that a correct email address is listed for your school contact as they will receive the tracking notification.

Schools are closed on February 14th. Can they still participate?

Absolutely! Schools can celebrate NOEA any day! Some schools celebrate that entire week!

What if I have a press opportunity with a school?

We will have more information in December on how to get support from Centene Corporate Communications and Barbara Zamost, NOEA PR Manager for assistance with this.