



NOURISH Notes — Schools

Thank you for participating in Nourish Notes, a take-home mental health and wellness initiative from Helping Hands Ending Hunger. We truly appreciate your partnership in supporting students and families in a simple, practical way.

Helping Hands Ending Hunger has long focused on nourishing the body through rescued food. Nourish Notes supports students' **mind and feelings** with quick, positive tap-to-open supports families can use at home. The tap experience is powered by TagsToTap (tagstotap.com).

What students are taking home

- A Nourish Notes smart magnet (with a built-in smart tag)
- A letter of explanation for the family and FAQ
- An instruction card for use of the smart magnet

We welcome (and encourage) a quick school demo

If your school is able, a short demo helps students feel confident using the magnet at home. Even 2–3 minutes makes a big difference.

1. Show the tap: Tap the top-back of a phone to the magnet and open the pop-up.
2. If it doesn't work: Turn off school Wi-Fi (many school networks block new websites), then try again using cellular data or a guest network. Move the phone slowly around the magnet (NFC placement varies by device).
3. Show the choices students will see:
 - I feel stressed — tiny breathing reset
 - I'm tired — wind-down tips for rest and sleep
 - I need a boost — movement, connection, or food + mood (quick lift)
 - Just surprise me — we'll pick a tiny reset for you
4. Use at home: "Tonight, ask a grown-up to tap their phone to the magnet and try one of the choices with you."

Parent communication and FAQ

Program Overview/Letter to Parents/FAQ: <https://www.helpinghandsendinhunger.org/whole-family-supports/nourish-notes>

Quick family feedback (optional)

We invite families to share quick feedback so we can improve the program (use, placement, any tech issues, and overall impressions). If families don't complete it, school coordinators may collect quick student feedback and submit on their behalf.

Feedback Form: <https://docs.google.com/forms/d/e/1FAIpQLScZuQ9L8a1GZOqBiFfngb8pRPMhzhrlzllq6CM6ZTVnZXy0kw/viewform?usp=publish-editor>

Please encourage families to hold onto the magnet

We plan occasional updates—including replacement stickers and new software experiences—so holding onto the magnet helps families access future improvements easily.