

SQHS: DUDE, BE NICE!

Lightning Love

A Lightning Love is a note with a heart and a lightning bolt that you can fill in and send to someone you know at SQHS! Lightning Loves are a great way to spread Storm love throughout the school! Especially with a worldwide pandemic going on, it's important that we recognize people that mean something to us. Whether it's a staff member or a fellow classmate, we all need to support each other through these challenging times. Here is what you can do to send one: Look for them on...

- School website ([here](#))
- SQHS Instagram
- Leadership Instagram
- Graduating Class Instagram

Take a Screenshot or click on the link
Type/write your lovely message and...
Send it to the person (email/text/Instagram)
There you have it! That is how you can spread Storm love during *Dude, Be Nice!* week or anytime throughout the year!
Thanks, and have a great day!



[Lightning Love Template Here](#)