

Student Support Services-Mercer

Issue 1.4

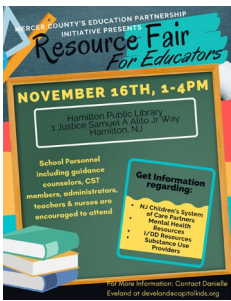
Extra-Ordinary People Keep Changing the World

Thursday, October 26th kicked off the NJ4S *Ordinary People Change the World* series at Trenton Public Library with Prevention Education Consultant Suzette Andre. The series, authored by Brad Meltzer, offers students in Pre-K – 3rd grade examples of Perseverance, Leadership, Character, Discovery, and Kindness through the gift of ordinary people who became extraordinary by using these characteristics to cope with and process challenges in their life.



The inaugural lesson's theme, Perseverance, was presented through hero Rosa Parks. "I'm also proof there's no such thing as an ordinary person," exclaims Rosa to her young readers. "Stand up for yourself and others will follow."

Spotlight on Tier 1 Services



Wednesday, November 15th: Prevention Education Consultants will provide Mental Health and Wellness education on Signs of Anxiety and Stress at Grant Intermediate School's evening of Wellness.

Then, on **Thursday, November 16th,** educators are invited to join us at Hamilton Public Library from 1-4pm for a Resource Fair sponsored by Capital County Children's Collaborative, in partnership with CIACC.

[Click here to download a copy of the flier.](#)

NJ4S OPEN HOUSE

Thursday, November 2nd. "Thank you!" to all who came out for Catholic Charities' Open House at our new Family Growth, Milepost, and NJ4S offices at 1670 Whitehorse Hamilton Square Rd.

Additional thanks to Dolce and Clemente for crafting sandwiches and wraps so big, and so delicious, they could only be enjoyed at a table while networking with colleagues and friends.



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Mindful Moment Practices

Fall brings the start of a new academic year, shorter days, longer nights, the excitement and stress of the holidays; it all just starts moving so fast. One method by which to recenter, make time, and slow it all down is a Mindful Moment.

1. Developing a Mindful Mindset:

- Be nonjudgmental – of yourself and others.
- Be curious.
- Be open hearted and kind.

2. Reconnecting with STOP:

S – STOP. Whatever you are doing, just pause.

T – Take a breath. Reconnect with your breath/body.

O – Observe. What's happening inside/outside of yourself.

P – Proceed. Continue doing what you were doing.

Thank you to Lisa Caton, Mindful Guidance for sharing these practices. Find more here: www.mindfulguidance.org

Resource Recommendation

[“9 Powerful Tips to Manage Holiday-Associated Trauma.”](#)

Ashley Bendiksen’s list of tips is reminiscent of that old story about a guy who falls into a hole. Passerbyers do not have time for him, until a friend shows up and jumps in. Astonished and frustrated, the guy yells at his friend for acting so foolishly: “Now we’re both stuck down here!”. Calmly, his friend responds, “No. I’ve been here before and know the way out.” Bendiksen’s Tips is that friend.

[“The Thanksgiving Tale We Tell Is a Harmful Lie. As a Native American, I’ve Found a Better Way to Celebrate the Holiday.”](#)

In a poignant 2018 article for TIME Magazine, Sean Sherman challenges readers with an uncomfortable article on the relief that comes when we reconcile history, modify tradition, and construct something new.

Have a Resource Recommendation? Send Michael an email at MLovaglio@cctrenton.org

*“The First Thanksgiving – 1621”, by Karen Rinaldo;
widely believed to be the first
historically accurate depiction.*



To make a referral for these services on behalf of a community organization or school, please contact our office at (609) 394-5157, and for further information on services provided through the NJ4S- Mercer hub, contact HUB Director, Michael Lovaglio at ext. 2149 or via email at MLovaglio@cctrenton.org.