



Counseling Newsletter

October 2024

Class of 2025 Senior Meeting Handbook



We've compiled a lot of resources for our seniors and their families - scan to learn more about graduation requirements, colleges, military, career, and financial aid options.

Current Happenings

Counselors are currently meeting with all seniors to discuss their post-graduation plans. Please look out for a counseling pass sent to your Block 1 class.

Upcoming Events

- Oct 1 - Financial Aid Night
- Oct 8-9: Fall NJGPA (select only)
- Oct 11: VoTech Assembly (gr. 10)
- Oct 23-24: PSAT (gr. 10-11, select 12)
- Oct 23-31: Red Ribbon Week



A note from our SAC

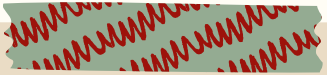
Teen Mental Health First Aid in Grade 9 Health/PE

Teen mental health is more important now than ever before. 49.5% of adolescents ages 13-18 live with a mental health disorder. ([nimh, 2023](#)).

Starting in October, Gr 9 Health/PE will begin teen Mental Health First Aid (tMHFA). tMHFA teaches young people how to identify, understand, & respond to signs of mental health and substance use challenges among peers. tMHFA doesn't teach how to diagnose, but provides the skills to have supportive conversations and how to get help from a trusted adult.



Tips for test anxiety



Get your rest: Sleep at least 7-8 hours before the test to ensure you're rested and ready.

Eat and hydrate: be sure to have breakfast and drink water before the test.

4-7-8 Breathing: If you feel anxious while testing, inhale for 4 counts, hold for 7 counts, exhale for 8 counts. Repeat as necessary.

Check your thoughts: Ask yourself - are your thoughts based on facts or are you jumping to the worst conclusion?

See your counselor: We'd love to help!



5th
OCTOBER



BACK TO SCHOOL



LAUNDRY . BOOK BAGS . SCHOOL SUPPLIES . FUN

Saturday October 5th, 10am-1pm

1980 NORTH OLDEN AVE, EWING TOWNSHIP NJ, 08618

FREE LAUNDRY MONEY- DEPOSIT \$20 GET \$20 FREE



Help us package over
80,000 meals at
Trenton Plates
The World Takes!

Join us as we make a difference both globally and locally. Be part of something impactful—volunteer today!

Thursday
October 17, 2024

Cure Arena
8am-8pm

3 Shifts Available

***Scan to Register
and Donate***



For more information and all other inquiries, contact kaustin@crosscommunityinc.org.

Rise
AGAINST HUNGER

C CROSS COMMUNITY, INC.
LOVING GOD THROUGH LOVING PEOPLE



*El Fondo Latinoamericano para la
Defensa Legal y la Educación los invita a:*

**NUESTRA 3RA FERIA ANUAL DE RECURSOS Y
BIENESTAR DE LA HERENCIA HISPANA
SÁBADO, 12 DE OCTUBRE, 2024***

9am-2pm

CATEDRAL SANTA MARIA

151 N. Warren st, TRENTON, NJ 08611

UNASE A NOSOTROS PARA:

- Vacunas contra el COVID-19
- Servicios del WIC
- Información sobre detección de cáncer
- Regalo de Ropa
- Inscripción al seguro médico
- Servicios de apoyo familiar
- Asistencia para el pago de servicios públicos

ORGANIZACIONES PARTICIPANTES INCLUYEN:



**RWJ Barnabas
HEALTH**

Robert Wood Johnson
University Hospital
Hamilton



Crossroads4Hope
A NETWORK OF CANCER SUPPORT
Taking On Your Cancer Journey. Together.

Para más información

Llame a **609-688-0881 ext. 100**
o escribanos a **apoyo@laldef.org**



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