

EHS Counseling Newsletter

June 2026 Edition



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CONGRATULATIONS TO THE EHS '26 CLASS!

You should be very proud of yourselves & all that you have accomplished during your years here at EHS. Take the time to bask in this huge achievement! Best wishes as you embark on this new and exciting chapter.

Remember life is a journey, not a destination, & your journey has just begun!



SENIOR CALENDAR

JUNE 5th: DECISION DAY CELEBRATION

- May 15th deadline for permission slips
- Blocks 1 & 2 (must sign up or stay in class)
- FAFSA applications or waivers are required for participation

JUNE 9th & JUNE 12th: GRADUATION MEETING & PRACTICE

- Tuesday: MANDATORY meeting in EHS Auditorium @ 2:45 pm
- Friday: MANDATORY practice at CURE Arena @ 10 am
 - Senior Sunset @ 6 pm - open to all seniors
 - Cap and gown distribution begins after practice

JUNE 17th: GRADUATION

- Ceremony at 3 pm; doors open at 2 pm for ticketed seating
- Seniors arrive for the processional @ 1:45 p.m.
- 15 tickets per family

SEE MRS. HAMMER (khammer@ewingboe.org) IN ROOM 218
WITH QUESTIONS



Mental Health Awareness Month Recap

Our school successfully hosted a month-long series of events and initiatives in honor of Mental Health Awareness Month. Highlights included activities at Wellness Wednesday lunch tablings like vision boarding & the thank you card challenge, Teacher Tea Time for Appreciation Week, door decorating contest and yoga! Students and staff got the conversation started about prioritizing mental health, reducing stigma and promoting mental well-being. The programming fostered a supportive environment, encouraged open conversations about mental health, and at our first ever Wellness Fair, students and staff got connected to valuable local resources. Thank you to all that helped make this month possible!



"Hope"

**"Every storm runs out of rain."
— Maya Angelou**



Mental Health Awareness Month Recap

Door Decoration Contest!



Annual Teacher Tea Time in honor of Teacher Appreciation Week!



PRIDE MONTH

Q: What is LGBTQ+ "Pride Month?"

The month of June is dedicated to uplifting & supporting lesbian, gay, bisexual, transgender, & queer (LGBTQIA+) people. We celebrate and recognize LGBTQIA+ culture and voices. Pride Month also takes a stand against discrimination and violence towards LGBTQIA+ people.



Q: Where did the Pride name come from & why a rainbow flag?

Brenda Howard, a bisexual New York activist nicknamed the "Mother of Pride" organized the first Pride parade to commemorate the one-year anniversary of the Stonewall uprising.

Gilbert Baker is the creator of the Pride flag which he was commissioned to create for San Francisco's Pride celebrations. Baker, a prominent gay rights activist, drew inspiration from the American flag & used the rainbow to reflect the many groups within the gay community.

Q: How is it celebrated? Can I participate in Pride events if I'm not LGBTQIA+?

Throughout the month of June nationwide there are parades, protests, concerts/shows, memorials & plenty more other celebrations promoting equal rights.

Pride events welcome allies to show support, to observe/listen & be educated!



LGBTQIA+ RESOURCES

RESOURCES FOR
COLLEGE BOUND
SENIORS SEE BELOW

IT GETS BETTER

THE TREVOR PROJECT

GLSEN

PRINCETON HITOPS

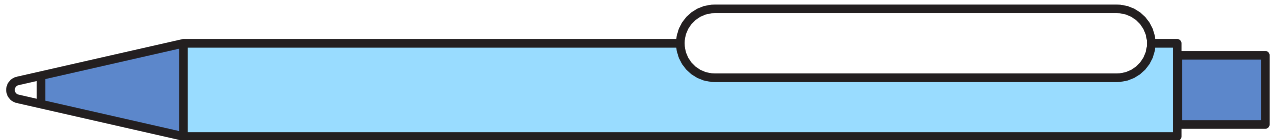
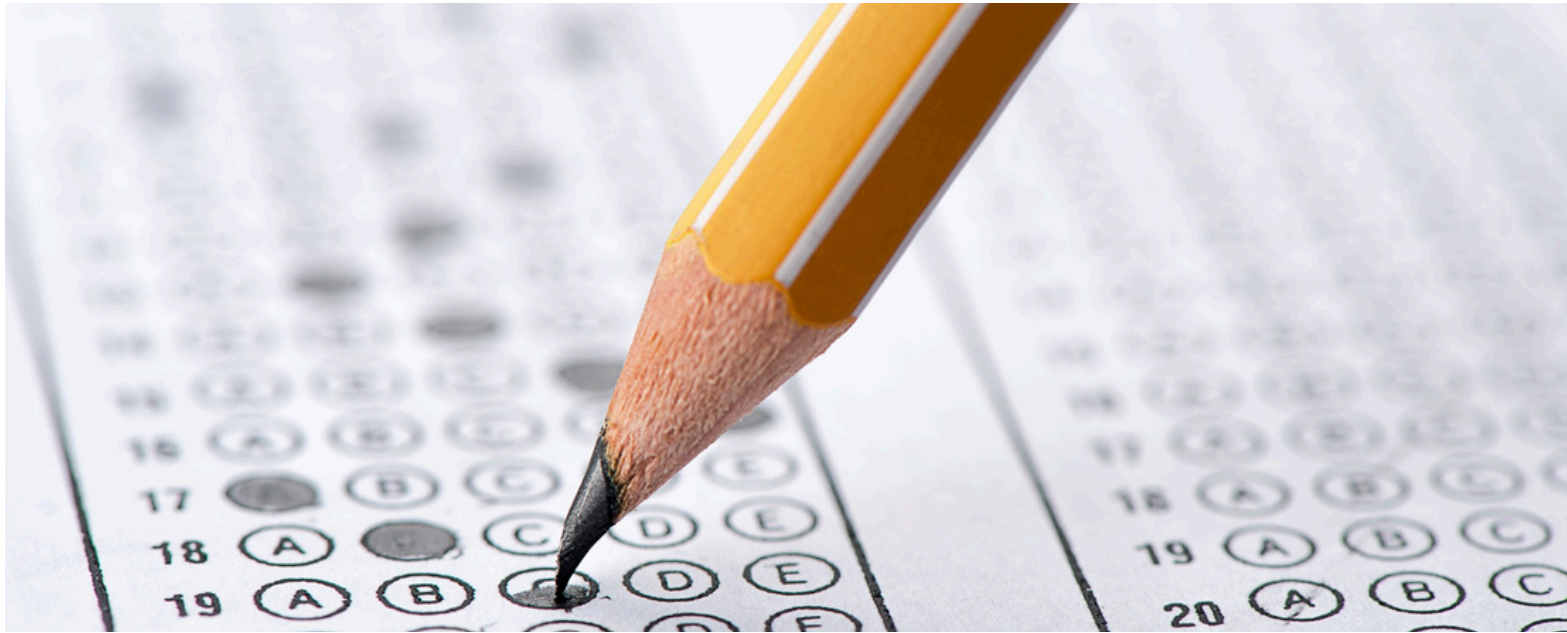
SAFE SCHOOLS COALITION

PRIDE CENTER OF NJ

**LGBTQIA+ COLLEGE
STUDENT GUIDE
CAMPUSPRIDE.ORG**



**Use Your Free Score Send
Before the Deadline**



Please note that June 20, 2026 is the deadline to change which college or university you'd like to receive your free score report.

Students will indicate their free score report RECIPIENT online only, [here](#)

15 ACTIVITIES FOR YOUR SUMMER SELF-CARE CHECKLIST

PUBLISHED BY: MENTAL HEALTH FIRST AID

Once the weather starts getting warmer it's inevitable to start counting down the days until summer vacation. As days get longer it gives all of us an opportunity to switch up our daily routines and take advantage of the sunshine! Check out the list below for self-care ideas you can implement this summer.

1. **Ditch the couch & relax outdoors.**
2. **Go for a stroll.** Click [HERE](#) for a guided walking meditation.
3. **Explore your local farmer's market.**
4. **Start a garden or join a community garden.**
5. **Tidy one small space.** *Having a clean space can help you feel calmer.*
6. **Make a summer feel-good playlist.**
7. **Have a picnic.**
8. **Try a new exercise.** *Getting endorphins flowing can help calm your mind & improve your mood.*
9. **Look for things going on in your community.** Search online [HERE](#) for events going on around Ewing.
10. **Start or continue a journal.**
11. **Reconnect with someone.**
12. **Do an at-home spa day.**
13. **Go exploring.** Check out a Map of popular NJ trails you can explore [HERE](#).
14. **Practice mindfulness.** *Try a meditation or make a list of 10 things you're grateful for.*
15. **Do a needs assessment.** *How was your week? Anything you'd do different next week? Take a moment to reflect on how you can make time for whatever you need to care of yourself.*



MEALS ON WHEELS OF MERCER COUNTY **VOLUNTEER OPPORTUNITIES**

Make a positive impact on older adults

There has never been a time more critical to make a difference for our seniors. Volunteers are the heart of Meals on Wheels of Mercer County.

Your day will be brightened by the participant's smile that greets you while delivering meals. Whether delivering meals, assisting in the office or a special event, volunteering is truly "Food for the Soul."

Sometimes a volunteer is the only person our seniors see all day.
To volunteer, call 609-695-3483

MEAL DELIVERY VOLUNTEERS

Delivering meals is a rewarding experience for both you and our participants. It is a special opportunity to help our community by providing nutrition to our homebound participants and most of all for providing compassion and kindness to those who are socially isolated.

MEAL DELIVERY VOLUNTEER INFORMATION

- Meals are delivered from approximately 10:10 am to 12:30 pm Monday-Friday
 - Volunteers may choose to deliver on their own or be paired with another volunteer to be a driver or a "runner". You can choose your partner or ask to be paired.
- We also offer volunteer group options for companies and organizations.

OFFICE VOLUNTEERS

Office volunteers support our staff by working on mailings and newsletters, or helping on other projects during our office hours Monday through Friday.
We look forward to your help!

MEALS ON WHEELS OF MERCER COUNTY **VOLUNTEER OPPORTUNITIES CONT.**

EVENT VOLUNTEERS

Join us as a Fair or Event volunteer! Throughout the year, Meals on Wheels Mercer County participates in community fairs and other fundraising events. We would appreciate your help in preparing for the events or participating in speaking engagements to publicize our program in the local community.

VOLUNTEER QUALIFICATIONS

To sign up as a volunteer, you will need to fill out an application, sign some documents through DocuSign and complete our online training.

- Applicants must complete a background check - cost \$16.
- No age limit for volunteers; however, a parent or guardian must accompany children under the age of 18.
- Proof of valid driver's license and automobile insurance must be provided.
- A training video is provided to all volunteers prior to their first volunteer experience.
- Read the MOWMC Volunteer Handbook.
- Meals on Wheels of Mercer County does not accept volunteers needing court-ordered hours.

TO VOLUNTEER, CALL 609-695-3483



MEALS  WHEELS
MERCER COUNTY



Millhill Child and Family Development was established in 1971 as a 501(c)(3) non-profit organization serving abused and neglected children in Trenton, NJ. The services and programs we provide today have been developed over time and with great understanding of what the community needs. We began primarily as a childcare center, and flourished and expanded by communicating with parents and the community.

Millhill staff represents diverse ethnicities and backgrounds. Inclusivity and cultural sensitivity are stressed throughout the organization. Our policies and procedural guidelines include affirmations of support for diversity and equal opportunity. Millhill is administered by a Board of Trustees that is balanced for cultural diversity.

Resources at Millhill: Individual therapy, Group counseling, programs like Trenton PEERS, Millhill STEM Explorers, and Camp RISE, a seven-week summer program.



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MILLHILL ACCEPTS COMMERCIAL INSURANCE AND MEDICAID!

**EHS Counseling
Department wishes you
a very...**

*Happy
Summer!*

