

Students Uniting to Create Positive Change

**June
2017**

**Coalition for Healthy and
Safe Communities**
61 Spring Street, Newton, NJ
Phone: 973-383-4787
www.centerforprevention.org
Contact Tina or Jenn

While you're home this summer, why not work to develop a more caring neighborhood?



Get to know your neighbors. Be polite and friendly to people of all ages. Pick up trash on your street or in your building. If you can see that someone needs help crossing a street or getting a fully loaded stroller out the door or whatever it might be— offer to help. It only takes a few seconds to make someone's day.

You can also get involved, continue to develop your leadership skills, and help make important decisions affecting your community.

Reasons to get off the couch!

Let's start with the excuses (you know you've got 'em): It seems like hard work. You don't know if anybody really needs your help. No one has asked you to volunteer except maybe your parents. You don't know where or how to begin. Now we're going to knock down your excuse (politely though): It is hard work sometimes, but it can also be fun. It's good experience and you'll learn valuable skills that will only help when it comes time for a job. (Think of the references!) Lots of people need help -- from children halfway across the world, to folks in your neighborhood.

How much fun do you have hanging out with your friends from school? You'll have even more fun if you all hook up to do something good. You'll be working for a cause you truly believe in and want to help. Volunteering helps you discover who are, what you like and dislike, what's important to you, and what you can do about it.

"Alone we can do so little; together we can do so much."

~Helen Keller

*From *Succeed Every Day: Daily Readings For Teens* by Pamela Espeland, ©2000, Free Spirit Publishing. Reprinted from www.joinhandsday.org

RANDOM ACTS OF KINDNESS SUMMER LIST

- _ Write thank you letters
- _ Make military care packages
- _ Deliver treats to someone who could use a pick me up
- _ Clean out closets and donate clothes
- _ Gather cans to give to the homeless shelter
- _ Donate sheets, blankets and towels to the humane society for the animals
- _ Pay for the person behind us at a drive thru
- _ Bring books to donate at the library
- _ Find a need at the hospital in oncology and do it
- _ Give popsicles to friends in the neighborhood

IF YOU *see* SOMEONE
WITHOUT *a smile*
give THEM
ONE OF *yours!*

DO *what* YOU CAN,
WITH WHAT YOU *have*,
where YOU ARE.

BE *kind* FOR
EVERYONE YOU
MEET IS *fighting*
a hard BATTLE.

Gratitude Proven to Boost Your Happiness and Well-Being

Before the school year comes to a close we challenge you to use the below template to create notes of gratitude. Write a quick note, it should only take about 5 minutes and pass it on to someone who has inspired you!

Template:

Hi [name],

Just a little note to tell you how grateful I am to have you in my life.

Thank you for being who you are. Which (among many other things is _____,
_____, and _____.)

You are the person who inspires me to _____.

Thank you for being so great!
[your name]

Spread kindness
to one person a day.



Imagine the amount
of happiness you
would dispense in a lifetime.

You Have the Power....

** To protect yourself from bullying*

** To stop if you're bullying*

** To stop bullying if you see or hear about it*

It's very likely that you will experience bullying as a victim, a perpetrator, or a bystander at some point. It is important to remember that you have the power in you to be in control of yourself; to get help for yourself if you are being bullied, to stick up for other kids who are bullied, and to keep yourself from bullying.

First tell a trusted adult like a teacher, guidance counselor, or a youth leader. Tell your family too. Keep on telling until you get the help you need. For more assistance, look at past K2K newsletters or the binder you were given at the Summit, or call us at 973-383-4787 for additional resources. You can also find a lot of great tips by searching bullying on the Internet.

Great Job Everyone on a Wonderful Year! Give Yourselves a Hand!!!

Check out this great year in review in pictures from throughout Sussex County!

