



# MONTHLY MMERC

January 2026



## WHAT IS MMERC?

**MMERC (Midwest Migrant Education Resource Center)** is a free lending library dedicated to supporting migratory students (ages 0-21) and their families. **We offer a wide variety of instructional and support resources designed to help remove barriers to success and open doors to future opportunities.** All resources are available at no cost to teachers and school staff who provide service to at least one eligible migratory student.

### MMERC offers many different types of materials, including...

- Lego Kits
- Varied Level of Books
- Bilingual Books
- Interactive Math and Reading Kits
- Hands-on Learning Kits
- Educational Games
- Translation Devices
- And More!



## UPCOMING EVENTS:

**2025-26 MSIF Office Hours** - Click this [link](#) or scan the QR code to view the calendar and join our monthly drop-in session on **1/21/26 from 3:15pm-3:45pm**, where you can receive expert guidance on filling out the MSIF (Migrant Student Information Form). No registration required!



**Making Connections Workshop** - Connect with fellow educators and the MN Migrant Education Program Team to discuss collaboration efforts and innovative ways to help remove barriers for migratory students on **1/29/26 from 3pm-4pm**. Click this [link](#) or scan the QR code to register!







# HAPPY



# NEW YEAR

*From MMERC*



## WHY SET GOALS?

**Setting goals is crucial for personal and professional success as it provides clarity, direction, and motivation, ultimately enhancing your performance and overall wellbeing.** Furthermore, goal setting allows for tracking progress and holding yourself accountable, while the process of making decisions that align with your goals improves overall decision-making skills over time. This will eventually make it easier for you to navigate challenges and opportunities.



## HOW TO SET GOALS EFFECTIVELY:

Setting goals in an effective way helps you to stay motivated and on-track. Here are some simple steps to help you set goals:

- **Visualize Success:** Start by imagining what success looks like for you to help you clarify your goals and motivate you to achieve them.
- **Set SMART Goals:** Make sure your goals are **Specific, Measurable, Achievable, Relevant, and Time-bound**. This SMART framework helps you create clear and attainable goals.
- **Write Down Your Goals:** Documenting your goals increases your accountability and commitment, transforming aspirations into concrete plans.
- **Outline Your Action Plan:** Break down your goals into smaller, actionable steps to make the process less overwhelming and to help you track your progress.
- **Identify Potential Obstacles:** Anticipate challenges you might face and think of strategies to overcome them so you can stay on track.
- **Reflect and Adjust:** Regularly review your progress and be open to adjusting your goals as needed. This flexibility allows you to adapt to changing circumstances and maintain motivation.

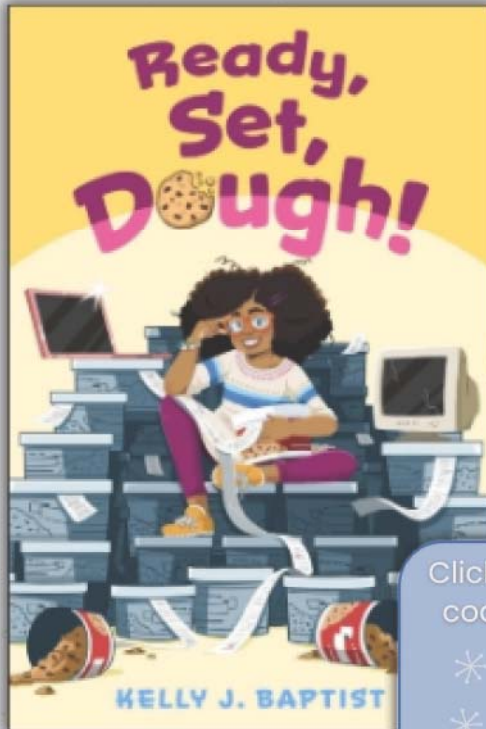




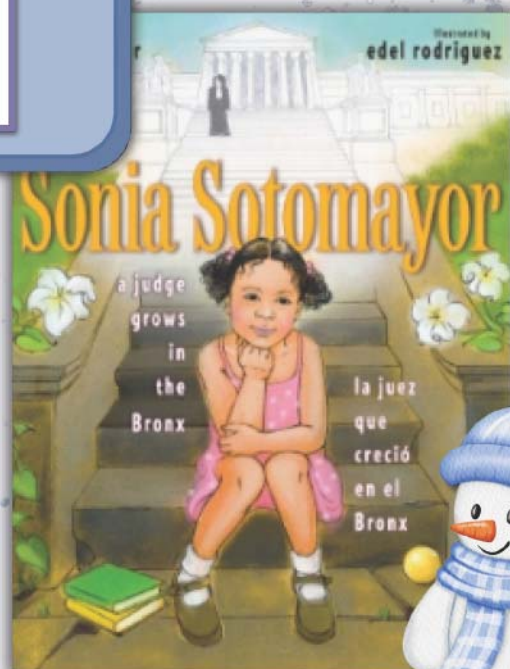
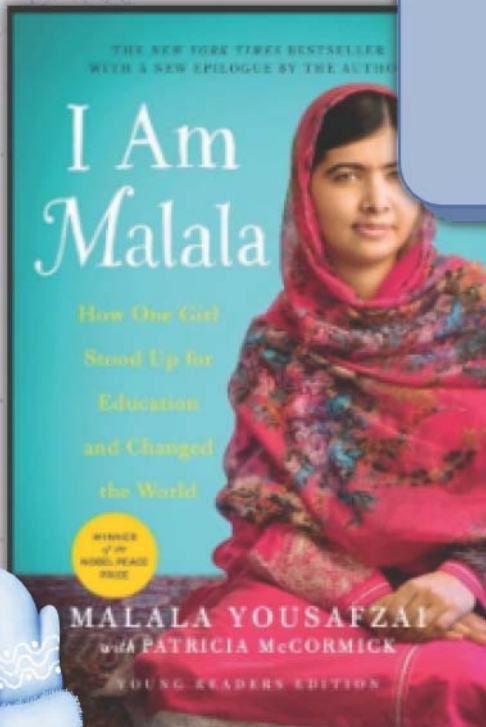
# GET INSPIRED



*With mmERC*



Click this [link](#) or scan the QR code below to browse our online catalog!



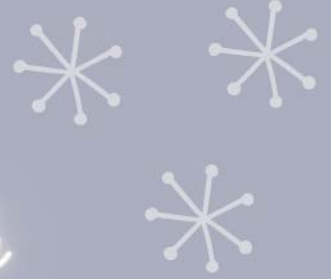




# JANUARY

# IS

*Mental Wellness Month*



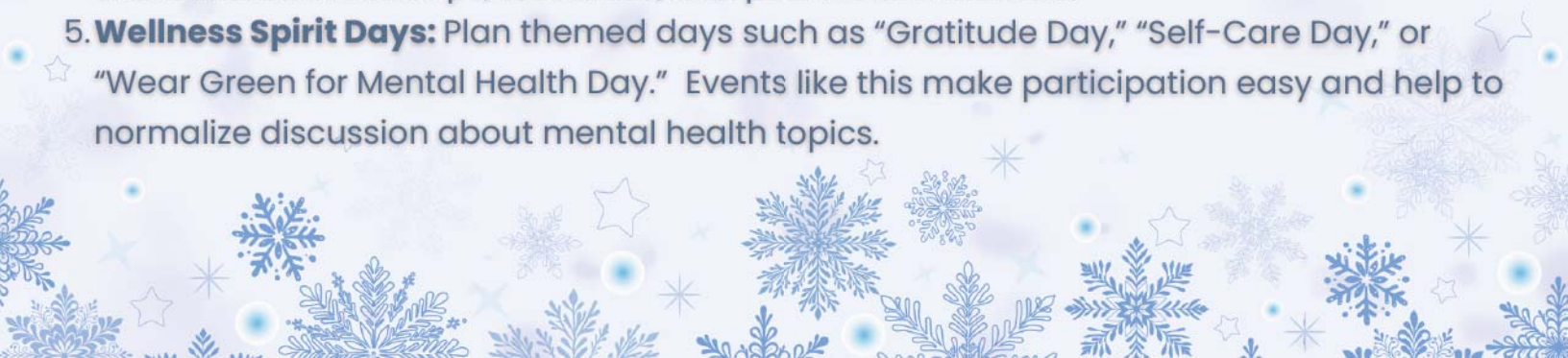
## WHAT IS MENTAL WELLNESS MONTH?

**Mental Wellness Month** is an annual observance taking place in January that's dedicated to promoting awareness and understanding of mental health, its impact, and the importance of mental well-being. Its purpose is to educate the public about mental health conditions, reduce stigma, and provide resources to those who may benefit.

## 5 WAYS TO CELEBRATE MENTAL WELLNESS MONTH IN SCHOOLS:



1. **Classroom Discussions and Lectures:** Teachers and counselors can use age-appropriate books, videos, or short activities to explain what mental health means, how to recognize emotions, and why it's important to talk about feelings. MMERC has lots of great options for resources! Check out our *Social Emotional Learning Kits* [here](#).
2. **Mindfulness and Relaxation Activities:** Simple practices like guided breathing, stretching, or short yoga sessions can easily be integrated into the day. These activities encourage you and your students to pause, reset, and learn coping strategies for stress.
3. **Kindness Wall:** Set up a bulletin board where staff and students can write encouraging notes, share things they're grateful for, or highlight acts of kindness they've seen. This fosters a supportive environment and boosts morale.
4. **Awareness Campaigns:** Use posters, morning announcements, or digital newsletters to share mental health tips, resources, and positive affirmations.
5. **Wellness Spirit Days:** Plan themed days such as "Gratitude Day," "Self-Care Day," or "Wear Green for Mental Health Day." Events like this make participation easy and help to normalize discussion about mental health topics.





# C.H.A.T

*Conversations Happening  
to Achieve Together*

## WHAT IS C.H.A.T.?

**CHAT stands for Conversations Happening to Achieve Together, and it is a virtual mentoring program for eligible 7<sup>th</sup> - 12<sup>th</sup> grade students or Out-of-School-Youth (OSY).**

**Our goal is to provide a safe, flexible, and supporting environment to students and youth for help with a variety of topics.** The students and youth registered to this program have the opportunity to attend either one-on-one sessions with their mentor or to join a group of students to connect and have support from other migratory students in the state of Minnesota.

## HOW TO SIGN UP?

**If interested in joining CHAT, scan the QR code to fill out the registration form.** Once the form is filled out, your child is enrolled into the CHAT program and the Migrant Education Services Specialist from Tri-Valley Opportunity Council will follow up with a phone call/email.

**Questions about CHAT?**

Email [guadalupe.ruiz@tvoc.org](mailto:guadalupe.ruiz@tvoc.org)



*let it snow*



## GET IN TOUCH



[800-201-3469](tel:800-201-3469)



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