



## Parent & Family Newsletter March 2022

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### Introduction from the Vice President for Student Affairs

Dear Parents and Family Members,

I hope this message finds you and your family healthy and safe! As we close in on the final months of the academic year, unquestionably we have come a long way. I thank all members of our campus community, our students most specially, for making the necessary sacrifices to help us beat back so much of what COVID has stolen from us. As announced in President Foster's recent message, upon the return from Spring Break, indoor face coverings will be



optional. This is a testament to the commitment of our campus community to keep our students safe. Overall, we have kept the spread of COVID very low on campus and we can begin to reintroduce other components of what makes the TCNJ student experience so special.

This spring semester, I am pleased to welcome back an in-person Blue and Gold ceremony, student performances without obstructions, the reemergence of student life and our campus traditions such as Funival and Senior Sendoff to name a few.

As we settle in for this final push, let's buckle down and be sure we are ready. Last year, I asked you all to work together with us in helping our students develop resilience, to increase their ability to overcome life's disappointments. Resilience is evermore important during these formative years as our students develop into young adults. Today, I ask again for your help. We will be sure to connect with as many students as we can but we also encourage you to check in on your student during spring break and soon after the resumption of the semester. Remind them to take advantage of the many resources the campus has to offer. There is always a lot happening on college campuses during this time of year. Please review our newsletter to bring yourself up to speed on significant dates and deadlines and keep up with what's happening around TCNJ; follow @thisweekattcnj on Instagram.

We want all members of our community to have a healthy and safe remainder of the semester.

Sincerely,

Sean O. Stallings  
Vice President of Student Affairs

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## Housing

### Spring Break Closing Information

*By the Department of Residential Education & Housing*

As your student prepares to return home for Spring Break, TCNJ Residential Education & Housing offers a few things for your student to keep in mind while packing up to head home and relax:

- Close and lock all windows.
- All blinds should be left open unless your student lives in a ground floor room.
- Please have your student close the blinds if they live on the ground floor.
- All trash should be removed from your student's room and disposed of properly in the trash room or designated dumpster. Don't forget to recycle!

- All valuables such as jewelry, money, game systems, etc. should be taken home.
- Approved pets should be taken home as Residential Education staff will not be responsible for the care of any pets.
- Turn off all lights and lock the room door.
- Your student should review and complete the check-out instruction electronically prior to leaving.

Residence Halls will close at **8pm on Friday, March 11th** for Spring Break, and reopen at **12pm on Sunday, March 20th**.

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### **COVID-19 Information**

For the official source for information on TCNJ's response to the pandemic, visit the [COVID-19 Information Website](#).

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### **Athletics**

On April 26<sup>th</sup>, TCNJ Baseball will host Arcadia at the Trenton Thunder Ballpark. For more on the story, click [here](#)!

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### **Dining**

For more information on upcoming events happening in the Atrium at Eickhoff Hall and events held by our Registered Dietitian, Anne Sugrue, please read below.

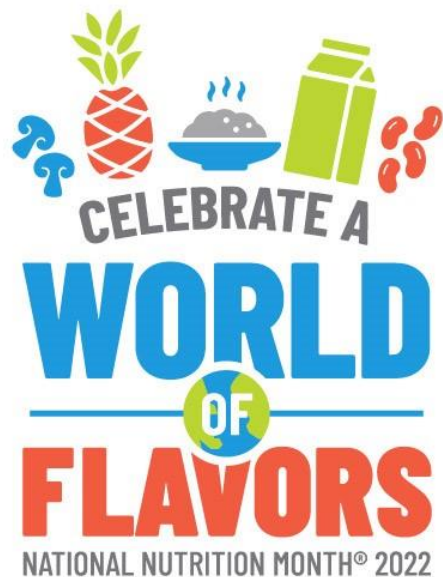
Fun and interesting events are happening in the Atrium at Eickhoff Hall! In January & February, Dining Services offered special menus and décor for Winter Wonderland, Valentine's Day lunch, Breakfast for Dinner, and Black History Month. The dining team collaborated with Auxiliary Services, the Division of Inclusive Excellence and the Black Student Union to provide authentic cuisine, educational profiles on historical Black figures, and décor from different parts of the world to celebrate Black History Month. For the remainder of the spring semester, Dining Services will host special offerings including Mardi Gras, Spring Fling, Earth Day, Fuel Up for Finals, and more!

At the start of the spring semester, we introduced the Concierge to the Atrium at Eickhoff! During all operating hours, this service provides students an additional resource to provide feedback about their dining experience or to request assistance. Students, faculty and staff are encouraged to attend our

bi-weekly Dining Services Committee meetings. They provide a great opportunity to learn about our dining program and to share thoughts and suggestions. More information is available on the Dining Services website, [tcnj.sodexomyway.com](http://tcnj.sodexomyway.com).

We are happy to share that our Registered Dietitian, Anne Sugrue, recently completing her master's degree in Exercise Science & Sports Nutrition! Anne is a certified Sports Nutritionist by the International Society for Sports Nutrition and an ACE (American Council on Exercise) Certified Health Coach. Anne provides a wide array of services for students on a meal plan regarding medical issues, food allergies, weight management, sports nutrition, and healthy eating on campus.

Want to stop by and introduce yourself? Anne holds monthly nutrition tabling events called "Mindful Moments" in the Brower Student Center and "Eat Right at Eick" in the Atrium at Eickhoff. These events include sampling of healthy recipes and answering trivia questions. Anne will also host a table at Thrive Health & Wellness Expo on April 20, 2022.



March is National Nutrition Month, so celebrate “A World of Flavors” with some Homemade Masala Chai!

**Ingredients:**

8oz Water

4oz Milk or Non-Dairy Milk

3 Tea Bags

4 Cardamom Pods - Crushed

½ Cinnamon Stick

¼” Slice of Fresh Ginger

½ Tsp Fennel Seeds

Sugar to taste

Ground Nutmeg to taste

Star Anise to taste

2-3 Peppercorns (optional)

**Directions:**

1. Bring water and milk to a simmer with spices in a medium saucepan.
2. Reduce heat to low and add tea bags. Steep until the water turns to a deep color, about 3 minutes.
3. Strain into a cup and add sugar to taste.

## Health Services

### Advice from TCNJ Student Health Services\*



### Easing Computer Eye Strain

by Janice Vermeychuk, MSN, RN, APN  
Director of Student Health Services

#### Symptoms:

- Blurred vision
- Burning, stinging, tearing of the eyes
- Dry eyes

#### Causes:

- Prolonged use puts strain on the muscles that help your eyes focus.
- Blinking is reduced when we stare at digital devices. Blinking is essential for maintaining a smooth, clear, and hydrated eye surface.
- Your eyes are looking at a pixelated image that is rapidly alternating or flickering multiple times per second. It is much harder for the visual system to maintain a sharp or consistent focus on an electronic image compared to a hard image.
- Blue light emitted from digital devices place more strain on the eye's focusing system than do printed materials.

#### 5 Steps for Relief:

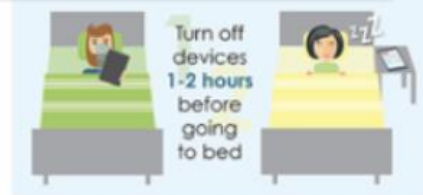
- Look away frequently, or use the 20-20-20 rule to your right.
- Blink often to refresh the eyes and use artificial tear solutions if necessary (e.g. Refresh®, TheraTears®).
- Position the top of your screen at arm's length and slightly below eye level.
- Adjust the screen brightness and avoid glare on the screen.
- Consider turning off some of the lights that are very harsh and bright.

#### Digital Devices and Sleep?

Digital devices such as TV screens, computer monitors, cellphones and tablets emit significant levels of blue light. Blue light is the high-energy light just beyond the potentially harmful ultraviolet light.

As part of the sleep/wake cycle, blue light triggers the suppression of melatonin in the brain, keeping us awake. This tells us when we are tired or should be awake. To get a good night's rest and REM sleep, turn off your devices 1-2 hours before going to bed to trigger the release of melatonin, giving it a chance to increase just before dozing off into deep sleep.

#### Relax Your Eyes Before Bedtime



\*TCNJ Student Health Services is an on-campus, convenient healthcare provider available to all TCNJ students currently taking classes. Services provided include diagnosis and treatment for common illnesses and injuries, sexually transmitted infections screening and treatment, gynecological services, PrEP, vaccinations, curriculum-based physicals and pre-travel abroad health consultations. Appointments can be scheduled through the Online Wellness Link (OWL) at <https://tcnj.medicatconnect.com>



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## Health & Wellness Resources

Check out the most recent edition of *Campus Well* [here](#) which includes helpful resources, news and events.

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## What's New @ TCNJ

- TCNJ launches [study abroad](#) program in Taiwan.
  - This [TCNJ biologist](#) is getting a worm's eye view of cellular stability.
  - Creative writing [alums](#) return to campus to share their newly published books.
  - [TCNJ student](#) earns national honor from the Society of Health and Physical Educators.
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## Senior Pictures

The information below was shared with all seniors and graduate students:

We are pleased to announce that the Office of Student Involvement in collaboration with the Senior Class Council has secured space in the Brower Student Center for you to have your FREE GRAD PHOTOS taken.

If you are interested in having your photo taken this semester, sign ups are available for March 21, 22, & 23 and April 4, 5, 7 & 8 (exact times will be determined by Lora Photography). Additional dates may be added as needed and shared via email from the Senior Class Council.

There are NO FEES to have your picture taken in cap and gown/business attire and whether you order a photo package is up to you.

If your student is interested in the photo session, they can find the sign up in their TCNJ email. If they can not find it, please have them email [class2022@tcnj.edu](mailto:class2022@tcnj.edu).



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## Commencement Information

For details regarding the 2022 Commencement, please visit the [Commencement website](#).

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## Significant Dates & Deadlines

- Spring break: Monday, 3/14 - Friday, 3/18
- Last day to request or rescind ungraded option: Monday, 3/28
- Last day to withdraw from a full semester course with a W (undergraduate & graduate): Monday, 3/28
- Last day to withdraw from the College with a WD in all courses (undergraduate & graduate): Monday, 3/28
- Fall 2022 and Winter 2023 registration windows: Tuesday, 4/5 - Friday, 4/15
- Last day to withdraw from the College with WP or WF (undergraduate and graduate): Friday, 4/15
- Celebration of Student Achievement (COSA): Tuesday, 4/26
- Last day Spring classes (undergraduate): Friday, 5/6
- Final exam period begins Tuesday at 5 PM, 5/10
- Spring Commencement: Thursday, 5/19 - Friday, 5/20

You can find TCNJ's full academic calendar [here](#).

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## Brick Advertisement

**Give your Graduate a Place in TCNJ History!**



In celebration of your 2022 grad, you are invited to leave a lasting and unchanging legacy for your graduate by personalizing a brick in Alumni Grove.

Through June 30, order a 4x8 inch or 8x8 inch brick at the reduced price of \$127.50 and \$297.50. Plus, each order includes a keepsake mini replica.

Visit the [Brick Campaign](#) webpage to place your order.

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