

SJPS Guidance Series

March 2022



Be sure to visit our frequently updated site for resources:

Guidance & SEL

The following topics and resources are linked there

March is National Reading Month

Why is Reading Important?



Reading exercises comprehension abilities and analytical abilities. It primes your imagination and stimulates the

memory centers of your mind. Reading helps recall skills as well as stabilize your emotions.

[SJHS Media Center](#)
[Upton Media Center](#)

[Brown Media Center](#)
[EP Clarke Media Center](#)
[Lincoln Media Center](#)

National Sleep Awareness Month

Good sleep is essential to good health. Sleeping at least seven hours each night can help you achieve optimal physical and mental performance.



[Why sleep is important](#)

[10 tips to get your kids to sleep](#)

[Sleep tips for teens](#)

Resources for the crisis in Ukraine supporting children

The Russian invasion of Ukraine continues to be felt across the world. It is complicated for young people and teens to understand what is happening and can be extremely scary. The following resources may be of help.

[How to talk to kids and teens about Ukraine](#)

[PBS Helping Kids Navigate Scary News Stories](#)

[PBS Helping Children With Tragic Events in The News](#)

[9 ways to support Ukraine including Voices of Children](#)

Self Injury Awareness Month

Self-Injury is a deliberate, non-suicidal behavior that inflicts physical harm on one's body to relieve emotional distress.



[Supportive Tips for Non-Suicidal Self-Injury](#)

[Crisistextline: How to Deal with Self Harm](#)