

SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER

Daylight Saving Time



SPRINGING AHEAD

March 10-16 is Sleep Awareness Week, conveniently placed during Daylight Saving time. Sleep is the time when our body and mind go through restorative processes, including processing emotions and consolidating memories. When we don't get enough restorative sleep, our mental health can suffer. It can be harder to deal with stress and we may be more impacted by minor negative things.

COMMUNITY CLOSET

STUDENTS HAVE ACCESS TO A COMMUNITY CLOSET AT HVRHS! THE CLOSET IS OPEN ON DAY 3 DURING FLEX, OR BY EMAILING RNOVAK@HVRHS.ORG. IF YOUR CHILD IS IN NEED OF CLOTHING, PLEASE REACH OUT

SELF CARE TIP OF MONTH

A solid sleep routine is vital during this time of the year! If you find that you or a loved one is struggling with sleep, reevaluate the bedtime routine. Put electronics away at least 30 minutes before sleep, and instead choose to do a relaxing activity such as reading or meditating. To find out more about building a better bedtime [click here](#)

Ways to improve SLEEP



ROUTINE is the KEY!



Keep it COOL (65-70 degrees F)



Plan for the next day



Bedtime Alarm Clock



Meditation and/or Deep Breathing



Warm bath Or feet soak



Air filter/Plant



Self-acupressure



Relaxing teas



COALITION CORNER *with* NORTHWEST CORNER PREVENTION NETWORK

YOUR LOCAL PREVENTION COUNCIL

EST. 2010

NCPNCOALITION.ORG

***NCPN meets monthly on the first
Wednesday from 10:00am to 11:30am via
Zoom - [click here for more info!](#)***

NORTHWEST
CORNER
PREVENTION
NETWORK



- Do you live or work in *Cornwall, Falls Village, Kent, North Canaan, Kent, Sharon, or Salisbury*?
- Are you concerned about youth substance use and supporting youth mental health and emotional well-being?
- Would you like to collaborate and brainstorm ways to create healthier communities in the Region One School District?
- Do you have ideas, resources, or an overall passion for bringing positive change to your community?

Get involved in Northwest Corner Prevention Network!



We are a coalition of community members who strive to **empower youth, share resources, and prevent risky behaviors and substance use** amongst youth in the Region 1 School District.

NCPN takes a collaborative, data-driven approach to its work. **All community members are welcome!**

For more information, please visit ncpncoalition.org or contact Chelsea Kapitancek at chelsea.kapitancek@mccallbhn.org

UPCOMING EVENTS

SAVE THE DATE AND SPREAD THE WORD!

March

- March is Problem Gambling Awareness Month
- Wednesday, 3/27, 5:30 - 7:00: [Dear Sister Book Discussion with Author Michelle Horton Project SAGE at Scoville Library.](#)

April

- April is Alcohol Awareness and Cannabis Awareness Month
- April 23: [HVRHS College Fair](#)
- Saturday, 4/27, 10 - 2: Drug Take Back Day at Troop B Barracks (with Northwest Corner Prevention Network)

May

- May is Trauma Awareness Month
- Thursday, 5/30, 5:30pm: Project SAGE book club at Scoville Library (Register [HERE](#))