

JSASD School Counselors

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JSASD School Counseling District Site	https://www.jsasd.org/guidance-department	

*If you or someone you know is having thoughts of hurting themselves, please call the National Suicide Prevention Lifeline at 1-800-273-8255. Or text 741741.

Talking to Children about COVID-19

Resource Name/Description	Link	Targeted Grade Level
Talking to Kids About the Coronavirus: A Helpful Resource for Parents	https://childmind.org/article/talking-to-kids-about-the-coronavirus/	K-12
Another Helpful Resource for Parents When Talking with their Children about the Coronavirus	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource	K-12
A Video Comic Exploring the Coronavirus from NPR	https://www.youtube.com/watch?v=x2EiBzCnn8U	K-12
A Brainpop Video Providing Information about the Coronavirus	https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/	K-8
A Resource with a Large Amount of Information for Parents about Age Appropriate Books, Movies	https://www.commonsemmedia.org/	K-12

and Apps		
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Social Emotional Learning Resources

Resource Name/Description	Link	Targeted Grade Level
Resource to help with emotional well-being during this time.	https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/	K-12
An article about how to manage anxiety, stay active and focus on your family's well being.	https://www.common sensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty	K-12
Help your child identify and express emotions.	https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness	K-5
A developmental guide about understanding fears and how to manage them.	https://www.heysigmund.com/age-by-age-guide-to-fears/	K-12
Relaxation Video for Kids	https://www.youtube.com/watch?v=cDKyRpW-Yuc	K-8
Go Noodle (A way to stay active as a family at home.)	https://www.gonoodle.com/families/	K-12
Suggested Podcasts to Help Lessen Anxiety	https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/	9-12
Suggested Apps to Help Lessen Anxiety	Headspace Calm Aura Stop, Breathe and Think Insight Timer	6-12

	3 Good Things Happiness Journal	
Free Social-Emotional Learning Activities and Family Support through Second Step	https://www.secondstep.org/covid19support	K-8

College/Career Resources

Resource Name/Description	Link	Targeted Grade Level
Career Readiness Activities	http://www.smartfutures.com	(All 6-12 students have log-in information)
Scheduling Resources (Course Catalog and Pathway Guide)	https://www.jsasd.org/jersey-shore-high-school/academics/jersey-shore-area-senior-high-school-curriculum/	9-12
Continue Learning about How Your Interests Relate to the World of Work	https://www.pacareerzone.org/	K-12
SAT Testing Updates	https://pages.collegeboard.org/natural-disasters	9-12
ACT Testing Updates	https://www.act.org/content/act/en/covid-19.html	9-12
Updated Scholarship Opportunities	https://www.jsasd.org/guidance-department/current-scholarships/	9-12

