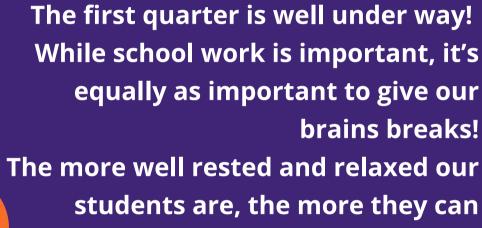
# Sawgrass Elementary Counseling Newsletter!

October 2023



## It's Fall, Y'all





### October Theme: Responsibility - Resiliency

This month we're focusing on Responsibility and Resiliency. This means:

- Having a growth mindset
- Setting & Achieving Goals
- Achieving goals and learning how to work through stress
- Staying focused & motivated!



succeed in school!

# SERVICES OFFERED BY SCHOOL COUNSELORS



### **Individual Counseling**

Counseling can last between 8 to 10 weeks, with a focus on short-term problemsolving, behavior management, and resiliency skills!

Areas of focus include: social skills, academic support, mental well-being, and emotional support!

## Counseling Groups

### **Student Success Skills**

A small group for 4th and 5th graders, helping students develop the academic, social, and self-management skills they need to succeed

### **Changing Families**

A small group for students of all ages, helping students cope with family changes such as divorce, new family members, and any other significant changes.

### **Book Club**

A small group for students K-2, each book discusses positive character traits and helps students learn and discuss their feelings and ways to express themselves appropriately.

#### **And more!**

We also run groups for students to manage anxiety, stress, depression, and more.