

Sawgrass Elementary Counseling Newsletter!

February 2025

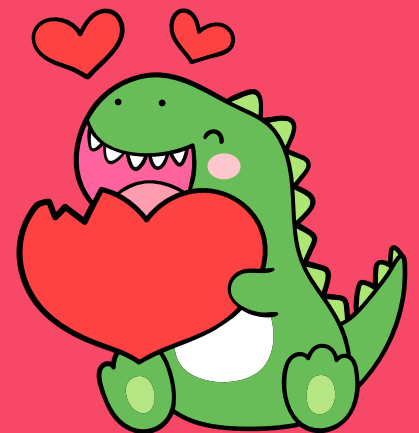
A Day of Service & Love



This month marks an important anniversary for Broward County Public Schools: The anniversary of the tragedy at Marjory Stoneman-Douglas High School. Learning to deal with trauma and grief is difficult, but providing early interventions for children can empower them to maintain their own emotional/mental well-being. Check the links on the next page for valuable resources on these topics!

February Theme: Relationship Skills

This month, we're focusing on kindness, inclusion, and maintaining friendships. Developing positive social relationships helps students foster a sense of belonging, reduces anxiety and stress, and can even improve academic performance!



RESILIENCY ACTIVITIES



Links and Resources

- ReThink Ed Parent Sign Up:
[Click Here!](#)
- ReThink Ed Parent SEL Resources:
[Click Here!](#)
- BCPS Mental Health Resources:
[Click Here!](#)
- SEL At Home:
[Click Here!](#)

Relationship Skills & Honesty

Activities this month focus on including others, showing kindness, and supporting one another! Schools should be a safe, welcoming place for ALL students!



ReThink Video Lessons

- K: Fun with Friends
- 1: Let's Be Friends
- 2: Filling Buckets
- 3: Be a Friend
- 4: A Good Friend Is...
- 5: COOL Communication