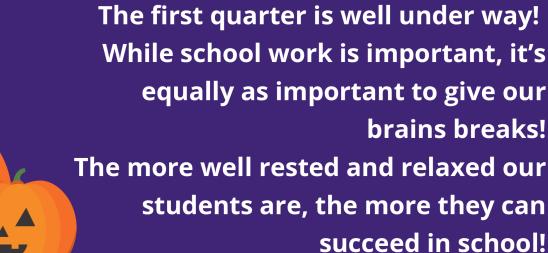
# Sawgrass Elementary Counseling Newsletter!

October 2024



## 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!



# SERVICES OFFERED BY SCHOOL COUNSELORS



### **Individual Counseling**

Counseling can last between 6 to 8 weeks, with a focus on short-term problem-solving, behavior management, and resiliency skills!

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

# Counseling Groups

# Student Success Skills - Small Group - Grades 4-5

Goal: Develop academic, social, and self-management skills

# **Changing Families - Small Group - All Grades**

Students learn to cope with family changes such as divorce, new family members, and any other significant changes.

## **Book Club - Small Group - Grades K-2**

Counselors read books that discuss 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 test anxiety, stress, and more.