

Sawgrass Elementary Counseling Newsletter!

October 2024



It's Fall, Y'all

The first quarter is well under way!
While school work is important, it's
equally as important to give our
brains breaks!

The more well rested and relaxed our
students are, the more they can
succeed in school!



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



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.

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!

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.