

# Sawgrass Elementary Counseling Newsletter!

February 2024

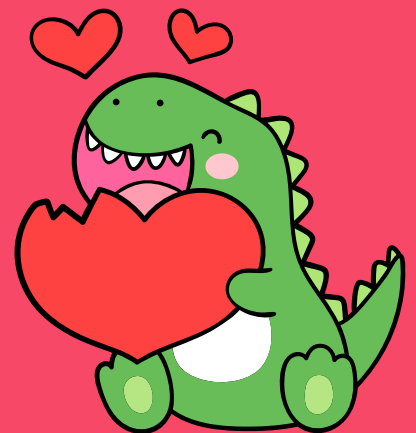
## A Day of Service & Love



This month marks an important anniversary for Broward County Public Schools: The sixth 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

# SERVICES OFFERED BY SCHOOL COUNSELORS



## 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.

**Individual Counseling**  
Counseling can last between 8 to 10 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!