

# The Panthers' Print



## *Autism Awareness Month*

Autism is a neurological variation which means the brains of autistic people work differently than the brains of allistic (non-autistic) people-and that's amazing! Here at Sawgrass, we have a PK through 5<sup>th</sup> grade ASD Cluster program.

### Please join us as we celebrate Autism Acceptance Spirit Week

Monday 4/4: Magnificent Mind Monday- Wear a fun hat and/ or wild hair.

Tuesday 4/5: Neurodiversity Tuesday- Wear rainbow and/ or tie-dyed clothes to school.

Wednesday 4/6: What's Your Passion  
Wednesday- Dress to show something you love!

Thursday 4/7: Sensory Friendly Thursday- Dress up today in your most comfy clothes (school-appropriate pjs are allowed)

Friday 4/8: Autism Acceptance Day- Wear blue to show your support and acceptance of autistic individuals.

### Important Dates

- 4/1: Student Vaccinations from 2pm – 6pm in the Media Center
- 4/1: Fun Friday Theme- April Fools Prankster
- 4/5: 3<sup>rd</sup> Grade Reading FSA Day 1
- 4/5: 4<sup>th</sup> & 5<sup>th</sup> Grade Writing FSA
- 4/6: 3<sup>rd</sup> Grade Reading FSA Day 2
- 4/8: Fun Friday Theme- Autism Awareness Day (Wear Blue)
- 4/8: Kindergarten Round Up at 8:30 am
- 4/14: Early Release Day- School ends at 12 pm
- 4/15: No School
- 4/18: Quarter Three Report Cards Issued
- 4/20: SAC / SAF / PTA starting at 7:30 am in Media Center
- 4/22: Fun Friday Theme- Save the Earth / Recycle
- 4/22: Student Vaccinations from 2pm – 6pm in the Media Center
- 4/29: Fun Friday Theme- Emojis

Sawgrass Elementary Apparel is available for purchase. Any Sawgrass shirt sold is considered a School Uniform shirt. Prices range from \$5.00-\$10.00 \*If viewing on a computer click the text in blue to go directly to the website. [Sawgrass Apparel](#)

## Sawgrass Donation Bin & Food Pantry

Sawgrass now has in the parking lot a clothing donation bin. This bin is for donations that will help the Sunrise community and Sawgrass Families. Additionally, now in our front office is a Food Pantry for our families. Families can donate and take as needed. Thank you, PTA, for this wonderful addition to support our families.

### Panther Academy Updates

Panther Academy is always looking for high school graduates to join our Team. This will allow us to increase the number of students that we serve in the Panther Academy After Care program. Interested candidates can reach out to Mr. Switz at [Michael.Switz@browardschools.com](mailto:Michael.Switz@browardschools.com)

# La impresión de las Panteras



## *Mes de Concientización sobre el Autismo*

El autismo es una variación neurológica que significa que los cerebros de las personas autistas funcionan de manera diferente a los cerebros de las personas alistas (no autistas), ¡y eso es increíble! Aquí en Sawgrass, tenemos un grupo de ASD de PK a 5º grado.

### Únase a nosotros mientras celebramos la Semana del Espíritu de Aceptación del Autismo

Abril 4: Lunes de Mente Magnífica- Ponte un sombrero chistoso o hazte un peinado divertido.

Abril 5: Martes de Neurodiversidad Ven a la escuela vestido de muchos colores. Puedes usar las camisetas tenidas de Sawgrass.

Abril 6: Miércoles ¿Cuál es tu pasión? ¡Vístete de algo que amas!

Abril 7: Jueves día Sensorial y Amigable Vístete hoy con tu ropa más cómoda (se permiten pijamas apropiadas para la escuela)

Abril 8: Viernes día de la aceptación del Autismo: Vistámonos de azul para mostrar apoyo y aceptación a las personas autistas.

## Fechas importantes

- 4/1: Vacunación para estudiantes de 2pm a 6pm en la biblioteca del colegio.
- 4/1: Viernes divertido - April día de los inocentes.
- 4/5: Pruebas estatales FSA de Lectura 3º Grado día 1
- 4/5: Pruebas estatales FSA de Escritura 4º y 5º grado.
- 4/6: Pruebas estatales FSA de Lectura 3º Grado Día 2
- 4/8: Viernes Divertido - Día de Concientización sobre el Autismo (Vístete de azul)
- 4/8: Preparación para padres de estudiantes de Kindergarten a las 8:30 am
- 4/14: Día de Salida temprano, la escuela termina a las 12 pm
- 4/15: Escuela cerrada. No hay clases.
- 4/18: Entrega de boletín de calificaciones del tercer trimestre
- 4/20: SAC / SAF / PTA a partir de las 7:30 am en Media Center
- 4/22: Tema del Viernes Divertido - Salvar la Tierra / Reciclar
- 4/22: Vacunación para estudiantes de 2pm a 6pm en la biblioteca del colegio.
- 4/29: Tema del Viernes Divertido - Emoiiis

Los uniformes de Sawgrass Elementary Apparel están disponibles para su compra. Cualquier camisa de Sawgrass vendida se considera una camisa de uniforme escolar. Los precios oscilan entre \$ 5.00 y \$ 10.00 \* Si hace la compra en la computadora, haga clic en el texto en azul para ir directamente al sitio web. [Ropa Sawgrass](#)

## Contenedor de donación de Sawgrass y despensa de alimentos

Sawgrass ahora tiene en el estacionamiento un contenedor de donación de ropa. Este contenedor es para donaciones que ayudarán a la comunidad de Sunrise y las familias de Sawgrass. Además, ahora en nuestra oficina principal hay una despensa de alimentos para nuestras familias. Las familias pueden donar y tomar según sea necesario. Gracias, PTA, por esta maravillosa idea para apoyar a nuestras familias.

## Panther Academy Updates

Panther Academy siempre está buscando graduados de secundaria para unirse a nuestro equipo. Esto nos permitirá aumentar el número de estudiantes a los que servimos en el programa Panther Academy After Care. Los candidatos interesados pueden comunicarse con el Sr. Switz en [Michael.Switz@browardschools.com](mailto:Michael.Switz@browardschools.com)

# SAWGRASS ELEMENTARY WELLNESS NEWSLETTER



## APRIL 2022

Three quarters down, one to go!

**FSA testing begins! Tests can be a major source of stress for both students and parents, so we would like to offer some tips and tricks to help prepare for testing season.**



## THEME OF THE MONTH: SELF-MANAGEMENT

**Self-Management is an essential tool to promote one's mental and emotional well-being. With testing season well on its way, it's more important than ever to practice skills to maintain one's mental health.**

SELF  
MANAGEMENT

APRIL

2-3 LESSONS A  
WEEK

rethinkEd

Lesson Topics to Support Self-Management

Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Domain	Awareness of Self and Others	Awareness of Self and Others	Self-Management	Self-Management	Self-Management	Self-Management
Topic	Learning Skills	Growth Mindset	Self-Control	Focus	Goal Setting	Resilience
Kindergarten	Learning with Our Senses	I'm Growing!	Breathe In, Breathe Out	Following Instructions	Say the Goal!	Get It Done!
1 <sup>st</sup>	Whole Body Listening	I Can Do It!	Wait for It!	Hocus Pocus: Focus!	Steps to the Goal	Bounce Back!
2 <sup>nd</sup>	How We Learn	Mistake Masterpieces	Take 5!	The Focus Toolbox	Set a Goal	Challenge Accepted!
3 <sup>rd</sup>	My Best Brain	My Curious Mind	Keep Calm!	Improving My Focus	Make a Plan	Be Resilient
4 <sup>th</sup>	Remember This!	Hard Work Pays Off	Freeze!	Keep Focused	Planning for Success	The Resilient Kid
5 <sup>th</sup>	Let's CREATE	Beyond Boredom!	Stop. Think. Decide	Focus First!	Reach Your Goals	If at First You Don't Succeed...

Session	Session 7	Session 8	Session 9	Session 10
Domain	Self-Management	Self-Management	Self-Care	Self-Care
Topic	Stress Management	Problem Solving	Mindfulness	Self-Compassion
Kindergarten	My Recipe for Happiness	Say the Problem	Notice with Your Senses	Look What I Can Do!
1 <sup>st</sup>	Feelings Booster	Whose Problem Is It?	The Big Breath	I Like Me!
2 <sup>nd</sup>	My Stress Thermometer	What's the Problem?	My Mindful Body	What I Like About Me
3 <sup>rd</sup>	Change It!	Let's Brainstorm!	Mindfulness	Give Yourself a Break!
4 <sup>th</sup>	Feelings, Thoughts, and Behaviors	Ways to Solve a Problem	Martian Mind	Kindness to Myself
5 <sup>th</sup>	You Can Change It!	Think of Solutions	Quiet Your Brain	Me: My Compassionate Friend



# APRIL - AUTISM AWARENESS MONTH

**April is also Autism Awareness Month. Here at Sawgrass we strive to promote awareness, acceptance, and inclusion for our students.**

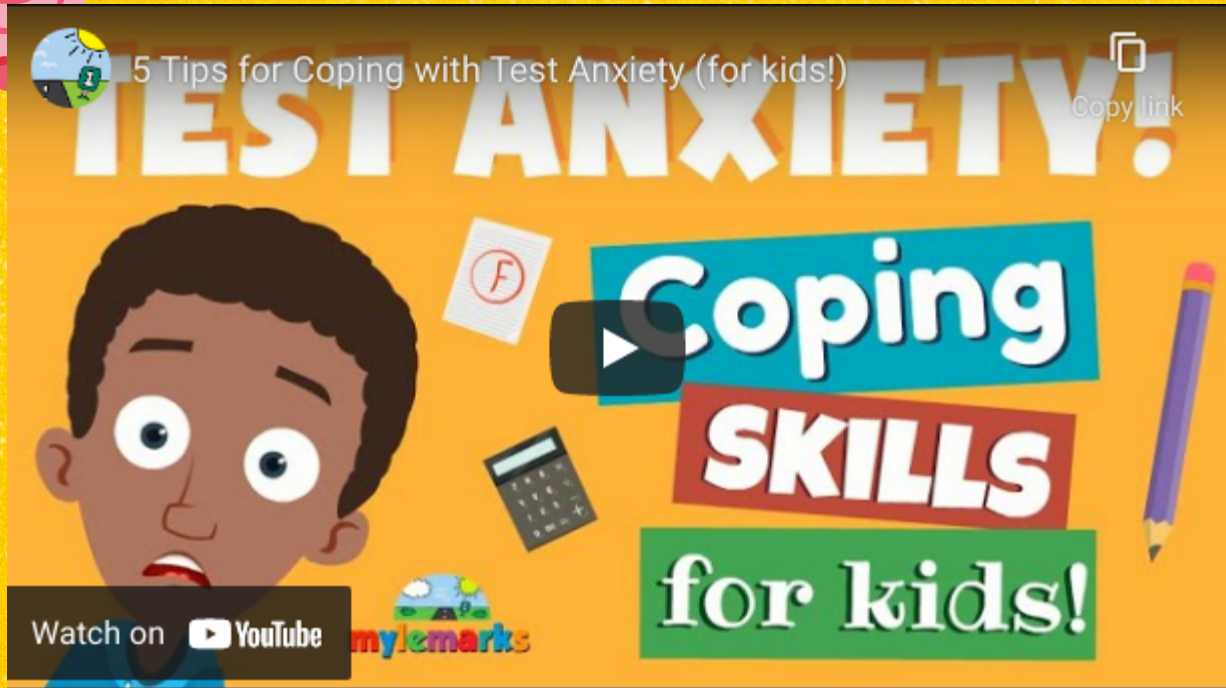
**April 2nd marks World Autism Awareness Day. Broward County Public Schools will have numerous fundraisers, events, presentations, and more to raise awareness.**

[Click Here to Learn More!](#)





# SEL VIDEO: TEST COPING SKILLS



## LINKS & RESOURCES

[Contact Your School Counselors](#)

[Kids Health - Test Anxiety](#)

[PBS - Test Anxiety](#)

[Test Anxiety Tips for Parents](#)



# BOLETÍN DE BIENESTAR DE SAWGRASS ELEMENTARY



## ABRIL 2022

**¡Tres cuartos abajo, falta uno!**

**¡Comienzan las pruebas de la FSA! Los exámenes pueden ser una fuente importante de estrés tanto para los estudiantes como para los padres, por lo que nos gustaría ofrecer algunos consejos y trucos para ayudar a prepararse para la temporada de exámenes.**



## TEMA DEL MES: AUTOGESTIÓN

**La Autogestión es una herramienta esencial para promover el bienestar mental y emocional. Con la temporada de pruebas en camino, es más importante que nunca practicar habilidades para mantener la salud mental.**

SELF  
MANAGEMENT

APRIL

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rethinkEd

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# ABRIL - MES DE CONCIENTIZACIÓN SOBRE EL AUTISMO

**Abril es también el Mes de Concienciación sobre el Autismo. Aquí en Sawgrass nos esforzamos por promover la conciencia, la aceptación y la inclusión de nuestros estudiantes.**

**El 2 de abril se celebra el Día Mundial de la Concienciación sobre el Autismo. Las Escuelas Públicas del Condado de Broward tendrán numerosos eventos para recaudar fondos, presentaciones y más para crear conciencia.**

[¡Clic aquí para saber más!](#)





# VIDEO SEL: PON A PRUEBA LAS HABILIDADES DE AFRONTAMIENTO



## ENLACES Y RECURSOS

[Comuníquese con los consejeros de su escuela](#)

[Salud de los niños - Ansiedad ante los exámenes](#)

[PBS - Ansiedad ante los exámenes](#)

[Consejos para padres sobre la ansiedad ante los exámenes](#)



**Sawgrass Elementary School**  
**Autism Acceptance Spirit Week**  
**Monday April 4- Friday April 8**

**Magnificent Mind Monday:** Autism is a neurological variation which means the brains of autistic people work differently than the brains of allistic (non-autistic) people-and that's amazing! Celebrate how amazing it is that all our minds work in different wonderful ways by **wearing a fun hat and/or wild hair.**

**Neurodiversity Tuesday:** **Wear rainbow and/or tie-dyed clothes to school** to celebrate the beauty in the diverse spectrum of the human mind.

**What's Your Passion Wednesday:** What's Your Passion: **Dress to show something you love!** One characteristic of autism is to show incredibly focused passion for topic of interest. What are you passionate about?

**Sensory Friendly Thursday:** Autistic people often have a variety of sensory sensitivities. **Dress up today in your most comfy clothes.**

**Autism Acceptance Friday:** Autism Acceptance Day showing love and acceptance go a long way. **Wear Blue** to show your support and acceptance of autistic individuals!







**Sawgrass Elementary School's  
Kindergarten Round-Up**

**April 8, 2022**

**8:30-9:30**

**In the school's cafeteria**

**Future parents, you are invited to tour our campus, meet our administrators and teachers, and learn about our wonderful school.**

**For more information call:**

**754-322-8500**

**\*\*\*\*\*HIGHLIGHTS\*\*\*\*\***

**Top Notch Teachers**

**k-2 Dual Language Program (English and Spanish)**

**Diverse student body**

**Safe Campus**

**Gifted/High Achievers classroom**

**After school clubs**

**Active PTA and SAC groups**

**School Run After School Program/Panther Academy**

*12655 NW 8<sup>th</sup> Street, Sunrise, Florida 33325*

*Parking is located at Flamingo Park west of the school on NW 8<sup>th</sup> Street-use the walk path to access the school entrance*