

SAWGRASS ELEMENTARY WELLNESS NEWSLETTER



WELCOME!

Welcome Panther Parents and Guardians!

The staff at Sawgrass would like to wish you a Happy New Year! As part of our mission to support the social and emotional well-being of our students, we will be sending out monthly Wellness Newsletters full of information, resources, and more.

MEET YOUR SCHOOL COUNSELORS

Sharri Domm has been the counselor at Sawgrass for 9 years! She received her undergraduate degree in psychology at UCF and went on to obtain her masters in Mental Health Counseling at Nova Southeastern. After working some time at a counseling organization, she felt that an elementary school is where she belonged and never looked back. She is currently the swim coach for Taravella High School and her weekends are filled with spending time with her family and playing golf. And if you didn't know, football is her favorite sport; GO RAMS!

Bailey Caro is brand new to the Sawgrass Elementary family. He received his bachelors in psychology at FSU (GO NOLES), and received his masters in Counseling Psychology at FIU. He previously worked as a mental health counselor. A tech enthusiast, his interests include all things Marvel, Star Wars, or pop culture related.





WHAT IS SOCIAL-EMOTIONAL LEARNING?

As defined by BCPS: Social-Emotional Learning provides students with the "skills to thrive academically, become responsible citizens in society, to contribute value to themselves as well as their families and communities, and to enjoy productive and satisfying lives. SEL addresses the following:

- Supports academic learning**
- Contributes to students' overall well-being and to that of their families and communities**
- Develops resiliency and wellbeing**
- Fosters productive and satisfying lives**

Here's a link to wonderful video describing SEL and its importance: <https://youtu.be/ikehX9o1Jbl>





THEME OF THE MONTH - RESPONSIBLE DECISION MAKING

Below are some amazing topics on ReThink Ed to help students develop the ability to make smart, safe, and responsible decisions!

RESPONSIBLE
DECISION
MAKING

JANUARY

2-3 LESSONS A
WEEK

rethinkEd

Lesson Topics to Support Responsible-Decision Making

Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Domain	Awareness of Self and Others	Self-Management	Self-Management	Self-Management	Self-Management	Social Skills
Topic	Growth Mindset	Self-Control	Focus	Problem Solving	Goal Setting	Conflict Resolution
Kindergarten	I'm Growing!	Breathe In, Breathe Out	Following Instructions	Say the Problem	Say the Goal!	Getting Along
1 st	I Can Do It!	Wait for It!	Hocus Pocus: Focus!	Whose Problem is It?	Steps to the Goal	I'm Sorry!
2 nd	Mistake Masterpieces	Take 5!	The Focus Toolbox	What's the Problem?	Set a Goal	Let's Get Along
3 rd	My Curious Mind	Keep Calm!	Improving My Focus	Let's Brainstorm!	Make a Plan	Calm the Conflict
4 th	Hard Work Pays Off	Freeze!	Keep Focused	Ways to Solve a Problem	Planning for Success	The I-Message
5 th	Beyond Boredom!	Stop. Think. Decide	Focus First!	Think of Solutions	Reach Your Goals	ICE Rumors and Gossip
Session	Session 7	Session 8	Session 9	Session 10		
Domain	Social Awareness	Social Awareness	Self-Care	Self-Care		
Topic	Safe and Ethical Behavior	Actions and Consequences	Self-Advocacy	Healthy Boundaries		
Kindergarten	Telling or Tatting	Fix Your Mistake	Ask for Help	Safety First		
1 st	Rules, Rules, Rules	Actions and Consequences	Speak Up and Ask!	What's That Feeling?		
2 nd	A Buddy or A Bully?	STOP Then Decide	Get Your Needs Met	STOP!		
3 rd	Be a Buddy, Not a Bully	STOP Before You Say It	Speaking Up to Meet My Needs	Okay, Not Okay		
4 th	Profile of a Bully	THINK and Be Honest	Getting the Help I Need	Boundaries		
5 th	Be an Upstander	Choices and Consequences	Speak Up with Confidence	Ready, SET, SEE		

LINKS & 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!](#)



Boletín de bienestar de Sawgrass Elementary



¡Bienvenidos!

¡Bienvenidos padres y tutores Panther!

¡El personal de Sawgrass desea desearle un Feliz Año Nuevo! Como parte de nuestra misión de apoyar el bienestar social y emocional de nuestros estudiantes, enviaremos boletines mensuales de bienestar llenos de información, recursos y más.

Alcanzar tus
consejeros escolares

¡Sharri Domm ha sido consejera en Sawgrass durante 9 años! Recibió su licenciatura en psicología en UCF y luego obtuvo su maestría en Consejería de Salud Mental en Nova Southeastern. Después de trabajar algún tiempo en una organización de consejería, sintió que una escuela primaria era el lugar al que pertenecía y nunca miró hacia atrás. Actualmente es la entrenadora de natación de Taravella High School y sus fines de semana los dedica a pasar tiempo con su familia y jugar al golf. Y por si no lo sabías, el fútbol es su deporte favorito; ¡GO RAMS!

Bailey Caro es nueva en la familia de Sawgrass Elementary. Recibió su licenciatura en psicología en FSU (GO NOLES), y recibió su maestría en Psicología de Consejería en FIU. Anteriormente trabajó como consejero de salud mental. Un entusiasta de la tecnología, sus intereses incluyen todo lo relacionado con Marvel, Star Wars o la cultura pop.





¿Qué es el aprendizaje socioemocional?

Según lo definido por BCPS: El aprendizaje socioemocional proporciona a los estudiantes las "habilidades para prosperar académicamente, convertirse en ciudadanos responsables en la sociedad, aportar valor a sí mismos, a sus familias y comunidades, y a disfrutar vidas productivas y satisfactorias". SEL aborda lo siguiente:

- Apoya el aprendizaje académico.
- Contribuye al bienestar general de los estudiantes y de sus familias y comunidades
- Desarrolla resiliencia y bienestar.
- Fomenta vidas productivas y satisfactorias.

Aquí hay un enlace a un maravilloso video que describe SEL y su importancia:

<https://youtu.be/ikehX9o1JbI>

Image Credits: BrainPOP Blog





Tema del Mes -Toma de Decisiones Responsable
A continuación se presentan algunos temas sorprendentes sobre ReThink Ed para ayudar a los estudiantes a desarrollar la capacidad de tomar decisiones inteligentes, seguras y responsables.

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11th Annual PANTHER PROWL RUN Fundraiser

The Sawgrass Panther Prowl race was created by Officer Ben 11 years ago. His childhood elementary school held an annual run (it was a highlight of his younger years) and he wanted to bring that magic to Sawgrass Elementary! Over time, it has become the biggest fundraiser our school has ever seen! Please help us reach our fundraising goal by supporting our KIDS. We're raising money to fund improvements in the media center by increasing our book collection, modernizing the area with flexible seating and much more. Reading is sooooo important in building the foundation of education.

PLEASE Complete 3 Easy Steps!

1. Register your child by visiting www.getmovinfundhub.com It's free, easy, and fast to register! **For School number use 5da9d3058f759**
2. Email and/or text a link of your child's fundraising webpage to 10-15 friends and family. It's super easy!
3. Post on Facebook, Instagram or Twitter... It's two clicks of a button to post.

Student Goals!

- Register your child to raise funds ...please visit www.getmovinfundhub.com
 - First \$10 raised = Win a HOMEWORK PASS
 - Raise \$50 = Win a fidget pop-it toy
 - Raise \$100 = Win a fidget bubbler
 - Raise \$250 = Win color-changing poi balls
- Be a Superstar - raise \$500 & earn entry into our exclusive inflatable party!
- Top 5 students raising the most money will win one of our grand prizes (1st = HP 11.6" touchscreen laptop, 2nd = Apple AirPods Pro, 3rd = Digital Camera 4th = Mini Fridge 5th = Gamer Headset)

Event Details:

- **Panther Prowl Date:** 02/23/2022 – 8am – 10am (Adult family members can run for a \$15 fee – see racing documents)
- **Students running must complete ALL paperwork & send in the \$5 entry fee by January 26th!**
- **Final Donation due date:** 02/23/2022 no later than 8pm
- Donations in the form of cash & checks should be turned in to the school (mark envelope Panther Prowl and list child's full name and teacher - make checks payable to: Sawgrass PTA)
- Class which raises the most money per grade level receives \$100 in Amazon spending for their classroom. Class that raises the most money in the entire school, receives a class party.
- We accept online donations through your child's webpage. Register your Child today using School Identifier **5da9d3058f759**