

The Panthers' Print



Closing out the School Year

As we begin to go into the home stretch of the school year, on behalf of both Mr. DeCotis and myself we would like to thank all of our parents and guardians for the continually support and dedication to ensuring the success of their child(ren) this school year. We look forward to the continued partnership with all of you for the 2022-2023 school year. As we approach the month of May, students in all grade levels will begin end of year assessments. During the testing season, please make sure your son / daughter is getting a good night sleep and arriving to school on time. For students taking the FSA, if they arrive late to school, they will not be able to go to class and will have to test on a make-up day. Lastly, 4th quarter Report Cards will be going home on the last day of school which is Thursday June 9th. This will also be an Early Release Day, where school dismisses at 12 pm.

Important Dates

5/2-5/6: Staff Appreciation Week
5/3: 4th Quarter Interims go home
5/4 & 5/5: 4th & 5th Grade ELA FSA
5/6: Fun Friday Theme- Star Wars
5/10 & 5/11: 3rd- 5th Grade Math FSA
5/13: Fun Friday Theme- Mismatch/ Crazy Patterns
5/17 & 5/18: 5th Grade Science FSA
5/18: SAC/ SAF/ PTA Meeting @ 7:30 am in Media Center
5/18: PTA Bingo Night @ 6:15 in Café
5/20: Fun Friday Theme: Wild West
5/20: Spring Portraits
5/23-5/27: Spring Book Fair
5/23: Kindergarten End of Year / 4th Quarter Assembly
5/24: 1st Grade End of Year / 4th Quarter Assembly @ 8:15 in Café
5/27: 2nd Grade End of Year / 4th Quarter Assembly @ 8:15 in Café
5/31: 3rd Grade End of Year / 4th Quarter Assembly @ 8:15 in Café
6/1: 4th Grade End of Year / 4th Quarter Assembly @ 8:15 in Café
6/2: 5th Grade End of Year Promotional Assembly @ 8:15 in Café

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

La impresión de las Panteras



Cierre del Año Escolar

A medida que comenzamos a entrar en la recta final del año escolar, en nombre del Sr. DeCotis y mío, nos gustaría agradecer a todos nuestros padres y tutores por el apoyo y la dedicación que ustedes nos dan para garantizar el éxito de nuestros estudiantes en este año escolar. Esperamos continuar con todos ustedes en el año escolar 2022-2023. A medida que nos acercamos al mes de mayo, los estudiantes de todos los niveles de grado comenzarán las evaluaciones de fin de año.

Durante la temporada de exámenes, asegúrese de que su hijo / hija duerma bien por la noche y llegue a la escuela a tiempo.

Para los estudiantes que toman la FSA, si llegan tarde a la escuela, no podrán ir a clase y tendrán que hacer la prueba en una fecha diferente. Por último, las boletas de calificaciones del 4to trimestre se irán a casa el último día de clases, que es el jueves 9 de junio.

Este día también los estudiantes saldrán temprano, la hora de recogida será a las 12pm.

Fechas importantes

- 5/2-5/6: Semana de Apreciación del Personal
- 5/3: Los reportes del 4º trimestre se van a casa
- 5/4 y 5/5: 4º y 5º grado ELA FSA
- 5/6: Tema del viernes divertido - Star Wars
- 5/10 y 5/11: 3º- 5º Grado Matemáticas FSA
- 5/13: Tema fun friday - Desajuste / Patrones locos
- 5/17 y 5/18: 5º Grado Ciencias FSA
- 5/18: Reunión SAC/ SAF/ PTA @ 7:30 am en Media Center
- 5/18: Noche de Bingo PTA @ 6:15 en Café
- 5/20: Fun Friday Tema: Salvaje Oeste
- 5/20: Retratos de primavera
- 5/23-5/27: Feria del Libro de Primavera
- 5/23: Kindergarten Fin de Año / Asamblea del 4to Trimestre
- 5/24: 1er Grado Fin de Año / 4to Trimestre Asamblea @ 8:15 en Café
- 5/27: 2º Grado Fin de Año / 4º Trimestre Asamblea @ 8:15 en Café
- 5/31: 3er Grado Fin de Año / 4to Trimestre Asamblea @ 8:15 en Café
- 6/1: 4º Grado Fin de Año / 4º Trimestre Asamblea @ 8:15 en Café
- 6/2: Asamblea promocional de fin de año de 5º grado @ 8:15 en Café

Sawgrass Elementary Apparel está disponible 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 usted hace la compra por internet, debe hacer 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 a sawgrass Families. 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 adición para apoyar a nuestras familias.

Actualizaciones de Panther Academy

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

BOLETÍN DE BIENESTAR DE SAWGRASS ELEMENTARY



MAY 2022

¡La última FSA para nuestros alumnos de 3rd, 4th y 5th grado comienza esta semana! ¡Estás en la recta final!

Las pruebas pueden ser estresantes para los estudiantes, los maestros y la familia. ¡Este mes queremos estar seguros de que estamos cuidando nuestros cerebros y dándonos un descanso cuando podamos!



SEL-EBRATIONS! **SEL AND MINDFULNESS**



Theme: Test Taking Tips with SEL and Mindfulness

Special Edition for Testing Season!

SEL Strand 1: Develop self-awareness and self-management skills to achieve school and life success.
SEL Standard 1C: Demonstrate skills related to achieving personal and academic goals.



Suggested SEL and 10 Minutes of Mindfulness Activities

SEL Activities with **rethinkEd** in **Clever**

TOPIC: Testing Tips and Focus Strategies
(log in to ReThink then click the links below)

Kindergarten	Different Feelings
1st	Hocus Pocus Focus!
2nd	The Focus Toolbox
3rd	Improving My Focus
4th	Kindness to Myself
5th	Focus First
6th	Own Your Actions
7th	Focus Now
8th	Positive Patterns
9th	Overcoming Distractions
10th	In Focus
11th	Balancing Stress
12th	Eye on the Goal
K - 12	Scope and Sequence for Relationship Skills Q4
Add'l Topics	K-2 Be Happy 3-5 My Best Brain 6-8 What Can U Do 9-12 Distract Me Not

10 Minutes of Mindfulness

Suggested Topics (adjust, discuss, and repeat an activity)



TOOL	ELEMENTARY	SECONDARY
Inner Explorer in CLEVER and CANVAS Now!	Mindful Test Taking Practices	Mindful Test Taking Practices
GoNoodle.com Mov't	Let's Unwind	I Can Do That!
Student Ambassadors - Mindfullme.org	Positive Affirmation	Positive Affirmation
Classroom Council Meetings- Panorama 101 Questions...	Have students write or draw and then have your class share and discuss, "What supports you and helps you self-manage during Testing?"	

SEL VIDEO



YOU
GOT
THIS!

Test Taking Tips!

SIX SUPER SIMPLE SELF TIPS FOR THE TEST TAKING SEASON

WATER BREATHING

It helps us stay even-keeled. Inhale through the nose for 4 counts, and exhale through the nose for 4 counts. Repeat three times to complete one round.

HOT CHOCOLATE BREATHING

It helps us move out of fight-or-flight mode. Inhale through the nose for 4 counts, and exhale through the nose for 6-8 counts. Repeat three times to complete one round.

ESPRESSO BREATHING

It helps us move out of freeze-or-surrender mode. 1 inhale through the nose to start, and then take passive inhales as needed. Exhale through the nose in short, powerful bursts. Abdominal muscles are to contract with each exhale. 20 exhales to complete one round. *IF YOU ARE PREGNANT, HAVE A SPINAL DISORDER, HEART CONDITION, RESPIRATORY CONDITION, OR INFECTION, DO NOT DO THIS BREATHING TECHNIQUE.

ESTABLISH TEST TAKING ROUTINES

It provides predictability that fosters calm and frees up space in working memory by automatizing things. Test Taking Routines to consider: How to move to your testing seat/location, How to manage your testing materials, Pre Test Time Routine, How to ask for help during testing, Restroom Routine for Testing Days, Cell Phone Routine for Testing Days, Early Finishers Routine, Ending Testing Routine, Post Test Time Routine, What to do if you feel anxious routine, What to do if you feel frustrated routine.

CREATE TEST TAKING COMMITMENTS

It helps us stick to our goals. Work with your students to create 5-6 test-taking commitments. Make some commitments that will be helpful to the group and some that will be helpful to individual students. Group Example: I will maintain a Voice Level 0 during testing. Individual Example: I will use my Hot Cocoa Breathing when I feel overwhelmed by a question.

RECITE A DAILY SELF-WORTH MANTRA

A lot rides on testing for students and teachers. It determines eligibility for magnet programs, class selection, academic promotion, and teacher effectiveness. Now more than ever, we need to remind ourselves and our students that we are more than a score. Work with your students to create a mantra that everyone can recite daily during the testing season to keep up spirits, hope, and self-confidence no matter what.

SAWGRASS ELEMENTARY WELLNESS NEWSLETTER



MAY 2022

The last of the FSA for our 3rd, 4th, and 5th graders begins this week! You're in the home stretch!

Testing can be stressful for students, teachers, and family. This month we want to be sure that we're taking care of our brains and giving ourselves a break when we can!



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