

Sawgrass Elementary Counseling Newsletter!

April 2024

Welcome Back!

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Hope you had an amazing Spring Break! As we move into April, testing season begins. Check out the next few pages for some mindfulness and stress relief when it comes to testing!



Autism Awareness Month

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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!](#)

HOW TO DE-STRESS FROM TESTS



Self-Care!

Take time to check in on your brain and body! Whether we need a nap, some exercise, or some fun to relax, self-care is essential to performing our best on tests. Keep a consistent sleep and study schedule, but be sure to take some time to have some fun as well!

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!](#)

ReThink Video Lessons

- K: Take 5!
- 1st: Feelings Booster
- 2nd: My Mindful Body
- 2nd: My Best Brain
- 4th: Kindness to Myself
- 5th: We Gotta Have Fun!