

# Sawgrass Elementary Counseling Newsletter!

November 2023



## Festive Fall Fun

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The holiday season is upon us! These last two months before winter break are jam-packed with fun and exciting events (See Below!!) We also have quite a few days off to give our brains a much needed break during this busy season.

## Mindfulness

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With the holidays around the corner, now is a great time to take a few moments to list some positive things that we are thankful for. Creating a positivity journal is a wonderful way to create a growth mindset and keep kids active and engaged in the things they love most!



# 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.

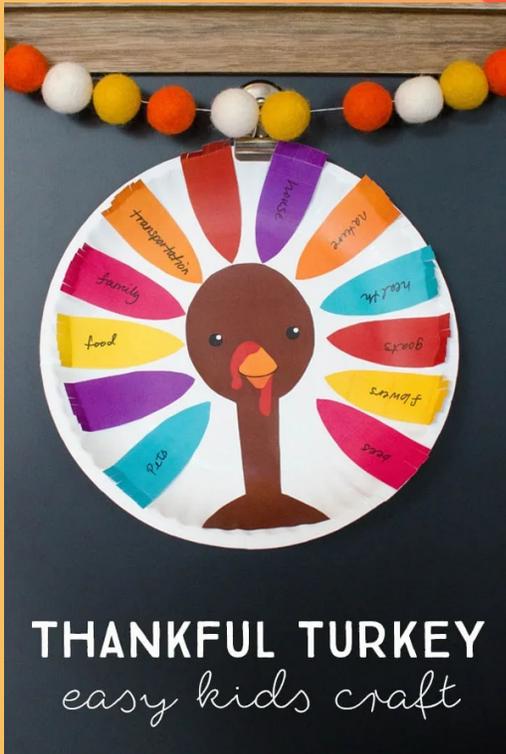
### And more!

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!

# 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!](#)

## Activities



## Thankful Turkey

What you'll need:

- Paper Plate
- Colorful Paper
- Scissors
- Glue

Have your child write things they are thankful for on the feathers! Use colors, get creative with the turkey's face! A fun, positive activity to SEL-ebrate that which is important to us.

## ReThink Video Lessons

- K: Choose Respect!
- 1: Work it Out
- 2: Helpful Boundaries
- 3: Safety Needs
- 4: My Safe Relationships
- 5: Respecting Boundaries

# Florida State-Mandated Health Lessons

The State of Florida requires schools to annually provide instruction related to Child Trafficking and Substance Abuse education to all students. This instruction will advance each year through developmentally appropriate skill building.

As part of its commitment to educating today's students to succeed in tomorrow's world, Broward County Public Schools (BCPS) is providing a high-quality Child Trafficking and Substance Abuse curriculum to our students. The focus of this instruction is to foster a safe and nurturing learning environment that enables students to thrive both academically and socially. The curriculum is designed to encourage student awareness of these relevant topics and build the confidence to make more positive, healthy choices.

The curriculum will be delivered to students during the school day. There is no statutory waiver option from the instruction. Mental health service providers, such as school counselors and school social workers, will be available to support students throughout the instruction.

As a parent, this is an excellent opportunity for conversation about child trafficking and substance abuse with your child. If you would like more information about what your child will be learning related to Child Trafficking and Substance Abuse instruction, please visit:  
<https://www.browardschools.com/mentalhealthinstruction>