

Sawgrass Elementary Counseling Newsletter!

August/September 2023



Welcome!

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Welcome Panther Parents and Guardians!

As part of our mission to support the social, emotional, and mental well-being of our students, we will be sending out monthly Counseling Newsletters full of information, resources, and more.

We're excited to see what the 23-24 school year has in store!

What is Life Skills & Wellness?

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Formerly known as Social-Emotional Learning (SEL), Life Skills and Wellness "fosters life skills that build confidence and support mental and emotional health, enabling students to overcome challenges and thrive as they prepare for the 21st century workplace.

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



Meet Your Counselors!

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August/September 2023

Mrs. Domm

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Sharri Domm has been the counselor at Sawgrass for 10 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!

Mr. Caro

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This is Bailey Caro's third year as school counselor at Sawgrass!

He received his bachelors in Psychology from FSU, his masters in Mental Health Counseling from FIU, and is currently working towards a specialization in School Counseling at FAU.

He previously worked for an outpatient mental health clinic, but felt that he could make a bigger difference working with children and their families. He's been at Sawgrass ever since!

In his spare time he likes watching movies, and improving his skills as a Pokemon Master.



WHAT DO SCHOOL COUNSELORS EVEN DO?



The School Counselor's Role

- School counselors promote and enhance achievement with an annual comprehensive school counseling plan that ensures every student receives school counseling services.
- School counselors implement a program based on the National Standards for School Counseling programs and the American School Counselor Association (ASCA) National Model.
- They also provide resources for staff, students, families and others to ensure that a family-friendly environment is established and ensure that students have access to a safe school climate necessary for academic and social/emotional growth.

Links and Resources

- ReThink Ed Parent Sign Up: [Click Here!](#)
- ReThink Ed Parent Life Skills & Wellness Resources: [Click Here!](#)
- BCPS Mental Health Resources: [Click Here!](#)
- SEL At Home: [Click Here!](#)