FACE SPACE

Sawgrass Elementary Counseling Newsletter!

October 2026

It's Fall, Y'all

School is well under way!
While school-work is important, it's equally as important to give our brains breaks!
The more well rested and relaxed our students are, the more they can succeed in school!

October Theme: Responsibility - Resiliency

This month we're focusing on Responsibility and Resiliency. This means:

- Having a growth mindset
- Setting & Achieving Goals
- Achieving goals and learning how to work through stress
- Staying focused & motivated!

The Panthers' Print

Tips for Parents, Parent - Teacher Conferences

Before the Conference
- Ask your child if there's anything they want you to talk about with their teacher.
- Let your child know the meeting is to help them do their best.
- Write down anything you want to ask or share with the teacher.

During the Conference
- Try to be on time and stay seated.
- Keep the meeting on schedule so others can have their turn.
- Be yourself and stay calm.
- Ask your most important questions first.
- If your child gets extra help at school, ask how they're doing in those classes.
- If something is confusing, ask the teacher to explain.
- Ask how you can help your child at home.
- Say thank you to the teacher!

After the Conference
- Talk with your child about what happened in the meeting.
- Share the good news and talk honestly about any challenges.
- Let your child know about any plans you and the teacher made.
- Keep in touch with the teacher during the school year.

Important Dates

Report Cards

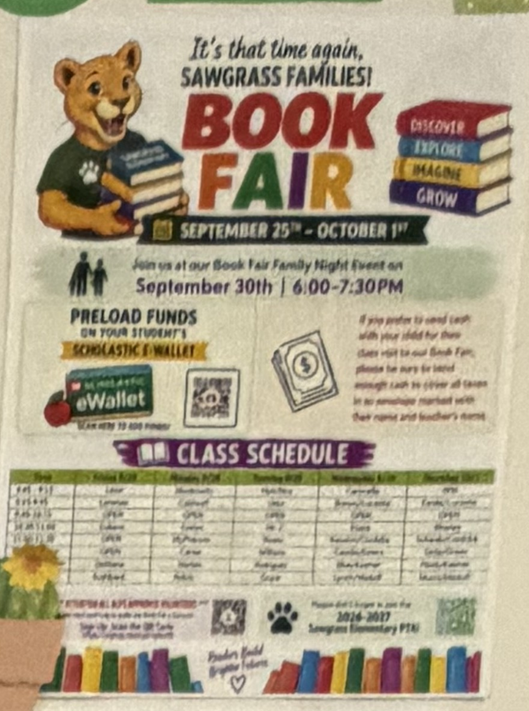
Book Fair Information

Yearbook Request

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LIFE SKILLS IN SCHOOL



Support in Schools

As your school counselors, our job is to make sure that all of our students are happy, healthy, and performing their best. Sometimes school is hard and overwhelming! We're here to help. Whether that's taking a quick break, going for a walk, or talking it out/problem-solving together.

Click the links below to learn more about School Counseling!

Links and Resources
- BCPS Mental Health Resources: Click Here!
- SEL At Home: Click Here!

Sawgrass Elementary Counselors

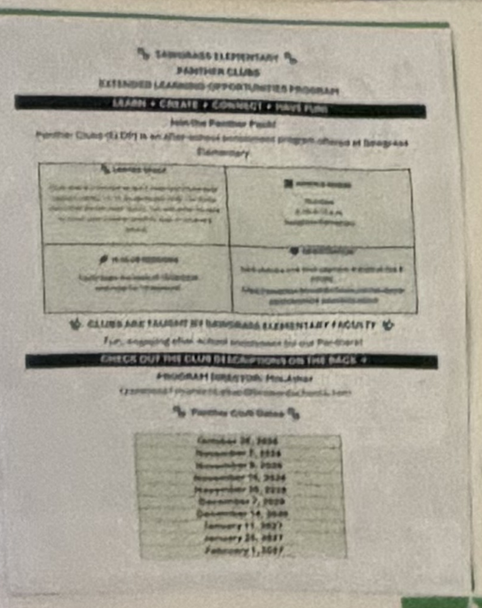
BCPS Counseling Services



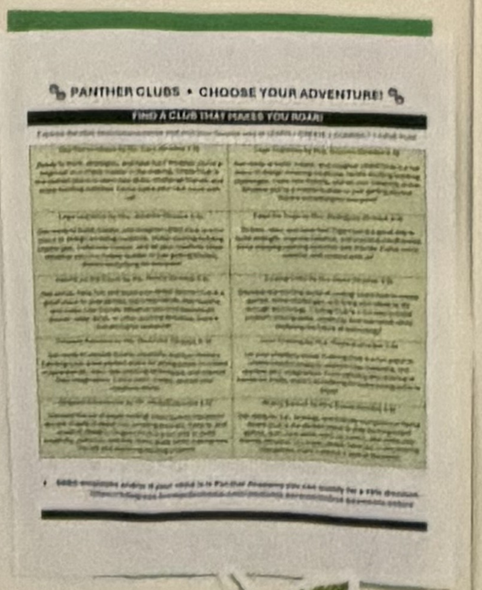


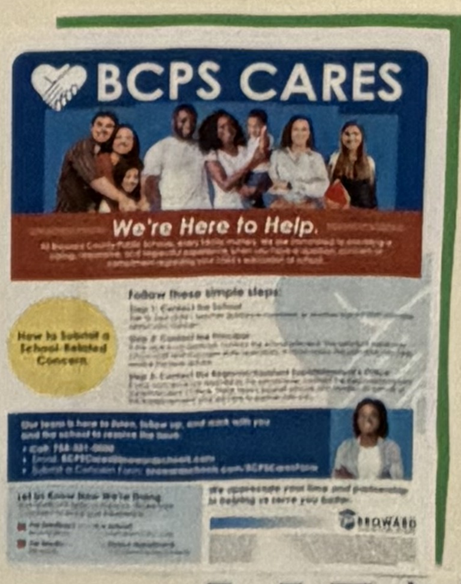


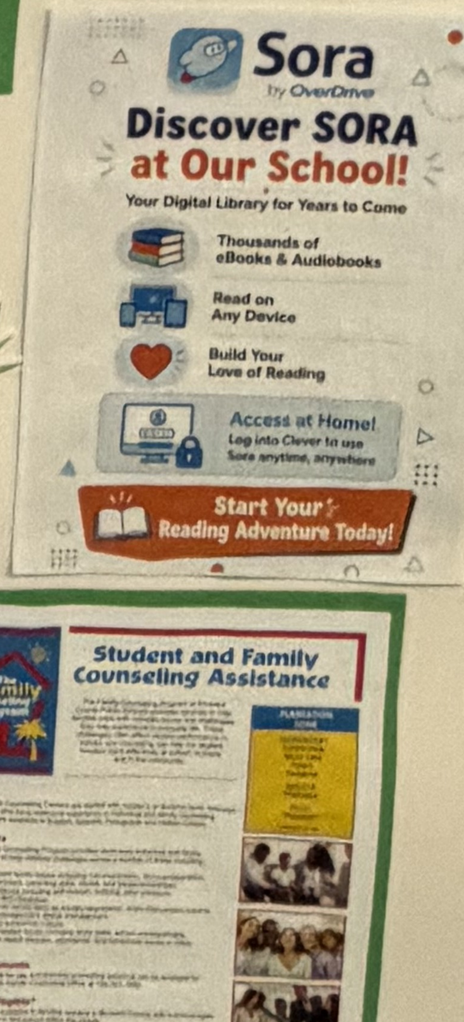
PARENT













FAFCE
FAMILY AND COMMUNITY ENGAGEMENT

RESOURCES