Sawgrass Elementary Counseling Newsletter!

August 2026



Welcome!

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 26-27 school year has in store!

What is Life Skills & Wellness?

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/ikehX9o1JbI



Meet Your Counselors!

August 2026

Mrs. Dommu

Sharri Dommu has been the counselor at Sawgrass for 13 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. 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

Bailey Caro has been a school counselor here at Sawgrass for six years!
He is a Licensed Mental Health Counselor with the state of Florida, and has degrees in psychology and counseling from FSU, FIU, and FAU.
He previously worked for an outpatient mental health clinic but felt that he could make a bigger difference working more directly 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 Pokémon 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!