

Sawgrass Elementary Counseling Newsletter!

September 2026

Starting off strong!

First month of school down!

As the school year really starts to pick up, we'll include monthly lessons, skills and strategies, and more to help you and your children succeed.



The Importance of a Good Routine

It's important to stick to a routine! Having a set after-school schedule that includes homework, leisure, snacks, and rest is important to not only help our students complete all their work, but teach them self-regulation and work ethic skills. A good routine helps students be their best self!



TIPS AND TRICKS



Links and Resources

- BCPS Mental Health Resources:
[Click Here!](#)
- LSW At Home:
[Click Here!](#)
- Daily Lessons at Inner Explorer!
[Learn More by Clicking Here!](#)

What is Inner Explorer?

Broward County Public Schools has partnered with Inner Explorer which provides a series of daily, 5-10 minute audio-guided mindfulness practices. The program focuses on key areas of development, bringing mindfulness to education and helping students prepare for learning. Daily practices teach kids the practical techniques to appropriately handle difficult emotions such as stress, anxiety, anger and more. Inner Explorer offers programs for all age-groups (PreK-12) that help students with the following themes:

- Discovering Breathing and Relaxation Exercises
- Learning Awareness of Senses
- Using Thought and Emotional Regulation
- Developing Compassion and Connection
- Promoting Social Emotional Learning