



Counselor Message

Happy December! A lot of great things are happening at Hawks Nest.

In November, the school counseling program offered lessons in classroom guidance on social-emotional learning, and digital citizenship. We've talked about self-care and the importance of taking care of oneself both physically and mentally. Our Digital Citizenship lessons where we learn about being a responsible and respectful citizens online will continue this month. Small group counseling is underway as students building social skills, friendship skills and school success skills.

As a school, we participated in a school-wide service project in November. Together, we collected nearly 1200 food items for the Salvation Army. Congratulations to Ms. Weast's class and the Orange Color Squad who collected the most food items. Thank you so much for being bucket fillers!

November 6th was Election Day. Our newly elected Student Council members are excited and ready to serve! I can't wait to work with them.

It's an exciting time to be at Hawks Nest! I'm looking forward to the upcoming months!

How to see the school counselor

Classroom guidance classes are weekly or bi-weekly based on grade level specials schedule. Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated. Contact School Counselor at 704-866-8467 or sosilva@gaston.k12.nc.us.



Bucket-filling Opportunity



<https://wish.org/content/macys-believe/believe-2019>

Macy's Department store will donate \$1 to the Make-A-Wish®, up to \$1 million for every Dear Santa, to grant the wishes of children with critical illnesses.

Counselor Nugget



Healthy Body + Healthy Mind = Happy Human

Practice Self-care. Here are few ways:

- Take a break
- Take deep breaths
- Time with family
- Helping others
- Time with friends
- Healthy food & drinks
- Exercise & Play
- Laughter

Character Education

"We're Soaring with Good Character"

The character trait of the month is **Kindness**. Kindness is being caring and showing concern and compassion for others.

Promoting Character Education

"Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind." - Henry James

One small act of kindness each day. Check out monthly calendars on [RandomActsofKindness.org](https://www.randomactsofkindness.org)

<https://www.randomactsofkindness.org/printables>

DECEMBER 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Take a shopping list to the store.	2 Ask an acquaintance how their family celebrates the holidays.	3 Donate what you can to a charity.	4 Research a cause to support.	5 Purchase something for someone in need.	6 Give a note from Santa to a child you know.	7 Say yes to the teacher next time they ask if you can help.
8 Offer to look a neighbor in on their house.	9 Remember yourself! Take a break from work.	10 Research a cause to support.	11 The scores are in! Celebrate your success.	12 Take a \$10 bill or more and donate it to a charity.	13 Tidy up a store's display case.	14 Leave a generous tip for your server.
15 Offer to help your neighbor around the house.	16 Put a smile on your face for a customer.	17 Talk a compliment to a customer.	18 Donate to a charity.	19 Be the first to help someone in need.	20 Be understanding of traveling parents with young kids.	21 Start a conversation with a stranger who is waiting in line.
22 Research a scientific topic that interests you.	23 Help someone in your family who is having a hard time.	24 Let someone in your family know how much you love them.	25 Give someone a compliment.	26 Take a picture with your family to send to an older relative.	27 Donate some of the things you don't need to a charity.	28 Compliment your neighbor's holiday decorations.
29 Offer to take a picture of someone trying to take a picture.	30 When you use a gift tag, take the time to apply the white label to the next person in line.	31 Reflect on everything you accomplished this year & take time to be grateful.				

Small acts of kindness suggested on calendar include: take a picture with your family to send to an older relative.; re-fold the rumpled clothes on store display tables.; and give a sincere handwritten thank you notes. See calendar for more ideas.

