

# **School Counseling Program Newsletter**

#### Shandrai Silva, School Counselor

#### **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 building students 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 6<sup>th</sup> 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.



### Home of the Hawks



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https://wish.org/content/macys-believe/believe-2019 Macy's Department store will donate \$1 to the Make-A-Wish<sup>®</sup>, up to \$1 million for every Dear Santa, to grant the wishes of children with critical illnesses.



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"

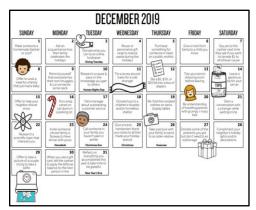
The character trait of the month is Kindness. Kindness is being caring and showing concern and compassion for others.

#### **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 RandomofActsofKindness.org https://www.randomactsofkindness.org/printables





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 storedisplay tables.; and give a sincere handwritten thank you notes. See calendar for more ideas.



#### December 2019