



Counselor Message

Welcome to another great month at Hawks Nest STEAM Academy!

Last month was another busy month at the Nest. Students in grades 3-5 elected Student Council officers and class representatives. We are excited about our newly elected student council members and all the great things to come with their leadership!

As a school, we participated in the Act of Kindness Service project. Through this school-wide service project, we collected approximately 800 non-perishable and canned food items for the Alan Main Community Care Center. We love being able to serve others in our community!

In November's classroom guidance, students participated in social-emotional lessons about respecting self and taking care of their physical and mental health. Small group counseling is underway as well as individual meetings with students. This month, we look forward to lessons on Digital Citizenship and the character trait, kindness.

Again, it's going to be a great month at Hawks Nest where great things are destined to happen!

How to see the school counselor

Classroom guidance classes are based on 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



Macy's Department store will donate \$1 to the Make-A-Wish Foundation (up to \$1 million) for every Dear Santa letter written. The Make-A-Wish Foundation grants the wish of children with critical illnesses.

Counselor Nugget



You Can Use

Ways to care for physical and mental health...

- Healthy Food Choices
- Practice mindfulness
- Get enough rest
- Use positive self-talk
- Be physically active
- Talk about your feelings
- Good personal hygiene
- Relax- have fun & laugh

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

"Always be a little kinder than necessary" - James M. Barrie



[Kindness Ideas from Random Acts of Kindness.org](https://www.randomactsofkindness.org)

- ♥ Create a bookmark and share.
- ♥ Start a piggy bank for a cause.
- ♥ Write down someone's best qualities.
- ♥ Donate gently used books.
- ♥ Make a homemade card.
- ♥ Complain less
- ♥ Help out at home with chores.

<https://www.randomactsofkindness.org/kindness-ideas>

