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!

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

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

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.