



Hawks Nest  
**STEAM**  
ACADEMY

# School Counseling Program Newsletter

Shandrai Silva, School Counselor

December 2020

## Counselor Message

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

In November, the school counseling program continued to offer lessons in classroom guidance on social-emotional learning. Students continued to explore emotions and coping skills. You can see a few of those introduced to students in the Counselor Nugget area of newsletter. The School Counseling program continues to explore other ways to serve at HNSA.

As a school, we participated in a school-wide service project in November. Together, we collected approximately 600 food items for the Alan Main Community Care Center. We're thrilled we can be Bucket Fillers to those in our community!

Election Day was in November. Our newly elected Student Council members is ready to serve! I look forward to working with them.

I'm looking forward to the great things happening at Hawks Nest STEAM Academy in December!

### 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](mailto:sosilva@gaston.k12.nc.us).



### Bucket-filling Opportunity



<https://www.macys.com/social/believe/>

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



### You Can Use

Few *Coping Skills* introduced in guidance ...

- Practice Self-Care
- Positive Self-Talk
- Stress Press
- Yoga
- Rainbow Breathing
- Rainbow Walk
- Bear Breaths
- Five Finger Breathing

## 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

*“No act of kindness, no matter how small, is ever wasted.” —Aesop*

One small act of kindness each day. Check out December’s Kindness Calendar provided Random Acts of Kindness.org.

DECEMBER 2020							RANDOM ACTS OF KINDNESS FOUNDATION	
SUN	MON	TUE	WED	THU	FRI	SAT		
29	30	1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31	NOVEMBER			

[https://assets.randomactsofkindness.org/calendars/neighborhood/2020/202012\\_kindness\\_calendar.pdf](https://assets.randomactsofkindness.org/calendars/neighborhood/2020/202012_kindness_calendar.pdf)

