

Counselor Message

It's a great day to be a part of the Hawks Nest family! I am super excited about the great things that continue to happen at the Nest!

In November, we had another purposeful month. Our student council officers and class representatives were elected. As a school, students made greetings cards for military personnel in support of the Holiday Cards for our Military Challenge. Students completed student surveys and participated in lessons on friendship, courage and exploring self & interests in guidance classes.

This month, guidance classes have started completing Digital Citizenship lessons. We are also participating in a school-wide service project collecting food items for the Crisis Assistance Ministry. Student Council is participating in the Macy's Believe Campaign which supports the Make A Wish Foundation and have invited other students to join them in this service project. We love being bucket fillers! Small groups and individual meetings with student continue.

Looking forward to another great month at the Nest!

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 Opportunities

Kindness Matters.

HNSA Color Squad Kindness Service Project
December 1 – 19, 2022

Hawks Nest is collecting items for the Crisis Assistance Ministry. From December 1st – 19th, students bring in the item assigned to their Color Squad. Which Color Squad will have the most participation?

Yellow Squad Grits	Blue Squad Oatmeal	Green Squad Rice
Purple Squad Macaroni & Cheese	Red Squad Pancake Mix	Orange Squad Spaghetti Noodles



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.

<https://www.macys.com/s/makeawish/>

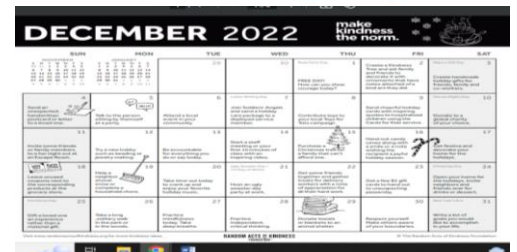


Character Education

“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



https://www.randomactsofkindness.org/home/calendars/2022/202212_kindness_calendar.pdf

Check out Random Acts of Kindness.org's calendar for suggested ways you and your family can perform acts of kindness this month.

Counselor Nugget



You Can Use

Be kind to yourself, focus on self-care...

- Spend time those who love and support you.
- Make sleep a priority – be sure to get enough.
- Make time for fun.
- Celebrate achievements.
- Relax – have do nothing moments.
- Journal- write about experiences, express thoughts and emotions.
- Move – play, exercise, dance.