



Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER



SHANDRAI SILVA, SCHOOL COUNSELOR

OCTOBER 2023

COUNSELOR MESSAGE

Happy Fall! There are great things happening at Hawks Nest! The school counseling program has had an exciting first nine weeks of school!

In September, students engaged in lessons and activities in classroom guidance about bucket filling, making their mark and the month's character trait, Respect. We participated in International Dot Day, Start with Hello Week and made our mark by donating over 500 items to the Ronald McDonald House of Charlotte.

October is going to be another great month of learning and activities at the Nest! This month in classroom guidance we will continue to learn more about ourselves and others as we explore the character trait of responsibility, friendship skills, bullying prevention, and mental and physical wellness. As a school, we will recognize National Bullying Prevention Month, World Mental Health Day and Red Ribbon Week in October. Students will have an opportunity to participate in Unity Day and Red Ribbon Spirit Week.

The school counseling program will continue to offer individual counseling, small group counseling and classroom guidance. Your feedback and input are welcomed! Please feel free to reach out to me with any ideas you may have.

HOW TO SEE THE SCHOOL COUNSELOR

Classroom guidance classes every two weeks.
Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated.
Contact school counselor, Shandrai Silva, at sosilva@gaston.k12.nc.us and/or 704-866-8467.

Student Support Services @ the Nest



School Counselor: Shandrai Silva
School Social Worker: Diane Manning
School Nurse: Lauren Smith

PROMOTING CHARACTER EDUCATION "WE'RE SOARING WITH GOOD CHARACTER"

RESPONSIBILITY

is the character trait of the month. Responsibility is being dependable in carrying out obligations and duties. Showing reliability and consistency in words and conduct. Being accountable for your own actions. Being committed to active, involvement in your community, playing by the rules; taking turns and sharing; being open-minded; listening to others and treating others fairly.

How can responsibility be shown at school, work, home or in the community?

You Can Use

How to Teach Your Child ABOUT RESPONSIBILITY

- 1 SET CLEAR EXPECTATIONS**
Explain to your child what is expected of them in terms of responsibilities and make sure they understand what is expected.
- 2 GIVE AGE-APPROPRIATE TASKS**
Assign tasks and responsibilities that are appropriate for your child's age and abilities, and gradually increase the level of responsibility as they grow.
- 3 LEAD BY EXAMPLE**
Children learn from observing the behavior of others, so make sure to demonstrate responsibility in your own life.
- 4 PROVIDE CONSEQUENCES**
Clearly outline the consequences of not fulfilling their responsibilities, and follow through with them consistently.
- 5 OFFER PRAISE AND REWARDS**
Acknowledge and reward your child's responsible behavior, and use positive reinforcement to encourage more of the same.
- 6 ENCOURAGE PROBLEM-SOLVING**
Teach your child how to think critically and solve problems on their own, as this will help them take more responsibility for their actions.
- 7 FOSTER INDEPENDENCE**
Allow your child to make their own decisions and take responsibility for their actions, while still offering guidance and support when needed.

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Infographic by Canva - https://drive.google.com/file/d/1Cua0fUKG5vCTnryCIBWBsHttBGaNPnNa/view?usp=drive_link

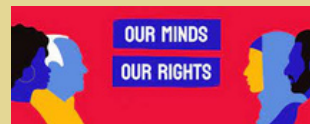


UNITY DAY

TOGETHER AGAINST BULLYING
UNITED FOR KINDNESS, ACCEPTANCE, AND INCLUSION

10.18.2023 #UNITYEVERYDAY

UNITY DAY IS OCTOBER 18TH - WEAR ORANGE



**WORLD MENTAL HEALTH DAY
OCTOBER 10, 2023**



**RED RIBBON WEEK
OCTOBER 23RD - 27TH**