



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

September 2019

Counselor Message

Welcome to the 2019-20 school year! We've gotten off to a fabulous start. I am looking forward to another great year at Hawks Nest STEAM Academy.

The goal of the school counseling program is to address the cognitive, career and socio-emotional development of all students. Students are already participating in classroom guidance. Some students have participated in individual meetings. Small group counseling opportunities are forthcoming.

The school counseling program will continue to facilitate programming and initiatives, like school-wide service project and recognition days as well. Your ideas/feedback are welcomed.

How to see the school counselor

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



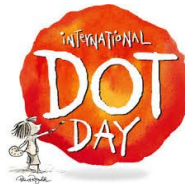
Student Support Services @ the Nest

School Counselor: Shandrai Silva
School Social Worker: Dianne Manning
School Nurse: Jessica Absher



Home of the Hawks

Happenings @ the Nest



Celebrate Creativity, Courage & Collaboration!

Make Your Mark Service Project

September 9th - September 13th

Collecting coloring books, crayons, bubbles - the tiny bottles, nail polish kits for teen girls,

Axe body products for teen boys or toothbrush/toothpaste for parents and young adults. (all items donated must be new).

***Wear Dots on Friday, Sept. 13th**



International Day of Peace

***Wear white on Friday, Sept. 20th**



Start With Hello Week
September 23-27, 2019

Character Education

"We're Soaring with Good Character"

The character trait of the month is **Responsibility**. Responsibility means taking care of your duties; answering for your actions; being accountable and trustworthy.

HOW TO BE A RESPONSIBLE PERSON

- *Do what you say you will do.
- *Answer for your own actions.
- *Take care of your own matters.
- *Be trustworthy.
- *Think things through/use good judgment
- * Don't put things off.

"Intelligence plus character- that is the goal of true education."

Dr. Martin L. King, Jr.



YOU CAN USE A Coping Skill...

***DEEP BREATHING - TAKE FIVE DEEP BREATHS: IN THROUGH NOSE AND OUT THROUGH YOUR MOUTH.**

PRACTICE BREATHING. WHEN YOU NEED IT, IT'LL BE EASIER TO DO.