



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

August/September 2020

Counselor Message

Happy New School Year! The beginning of a new school year is an exciting time for students, parents and educators alike. This school year is no different. Even in these unprecedented times, we are excited about all this school year is sure to offer, an opportunity to learn, create, problem-solve, serve, and be kind to one another.

The school counseling program is geared up for another great year at Hawks Nest STEAM Academy. I look forward to meeting with students, facilitating a comprehensive school counseling program committed to making each student's experience here at Hawks Nest STEAM Academy an enjoyable one where they are becoming the best they can be academically and personally. Stay tuned!

Your feedback and input are welcomed! Please feel free to reach out to me with any ideas you may have. Again, it's going to be a great year!

How to see the School Counselor

Classroom guidance classes every three 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: Dianne Manning
School Nurse: Jessica Absher



Home of the Hawks



International Dot Day
Wear Dots

Sept. 15th – Cohort A

Sept. 17th – Cohort B

Make Your Mark Service Project

Sept. 14th – Sept. 18th

Collecting items for Catherine's House, Transitional Housing for Women & Children who are Homeless.



International Day of Peace

September 21st – Wear White



WEEK

September 21st – 25th

Teaching empathy and empowering students to end social isolation by following three easy steps. **See Someone Alone > Reach Out > Start with Hello.**

Promoting 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.



You Can Use

Bucket Fillers

A bucket filler is a loving, caring person who does or says nice things. A bucket filler is kind and compassionate. At Hawks Nest STEAM Academy, we are committed to being bucket fillers. This year, we will continue to focus on being bucket fillers at school, home and in our community. We will also explore filling our own bucket as we continue to understand the importance of self-care and taking care of our social-emotional health.

What our students had to say about ways to fill your own bucket ...

- Have positive thoughts
- Following your dreams
- Complimenting yourself
- Doing what you enjoy
- Eat Good Food
- Playing
- Saying nice things about self
- Being kind to others
- Shower, brush teeth/floss, go to doctor for checkups.
- Give self a pat on the back
- Don't let other people bring you down