



Hawks Nest  
**STEAM**  
ACADEMY

# School Counseling Program Newsletter

Shandrai Silva, School Counselor

February 2021

## Counselor Message

Hello, it's hard to believe it's already February and we're already well on our way to another great 2<sup>nd</sup> semester at Hawks Nest!

In January, we participated in the Great Kindness Challenge Week again this school year. Student Council members served as Kindness Ambassadors, modeling and encouraging kindness throughout the week. To share more Great Kindness Challenge and acts of kindness, they also created a Great Kindness Challenge video to share with the student body. Our students completed acts of kindness checklists as they performed acts of kindness and participated in GKC Spirit Week. In classroom guidance, students explored character traits and character development as they began to create their own comics for Comic-Con.

This month, students will continue to explore/develop coping skills and build on problem-solving skills.

Looking forward to another great semester at Hawks Nest!

### How to see the school counselor

Classroom guidance classes are weekly based on grade level 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).



**Random Acts of Kindness Day**  
Wednesday, February 17<sup>th</sup>

<https://www.randomactsofkindness.org/>

**February Kindness Calendar**

[https://assets.randomactsofkindness.org/calendars/neighborhood/2021/202102\\_kindness\\_calendar.pdf](https://assets.randomactsofkindness.org/calendars/neighborhood/2021/202102_kindness_calendar.pdf)

## Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Self-discipline**. **Self-discipline** means being responsible for your actions; being in charge of the things you say and do and making choices that are healthy, safe, kind and respectful to others.



### You Can Use

#### Stop – Think – Do Strategy



**Stop**  
Breathe in, Breathe out



Think about...

What’s happening?  
What’s the problem?  
How are you feeling?  
About your choices and their consequences. Will it help or hurt?  
Are there other solutions?



Make the best choice and do it.

\*Evaluate – how did you do? Did your choice help or hurt?