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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  January 2018 |

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| **Counselor Message** Happy 2018! It’s hard to believe we are already at the beginning of another calendar year and the second half of the school year! Where did the time go? The new year is a great time for reflection. As I reflect on and assess the school counseling program so far this school year, I hope to gain valuable feedback from each of you. Please feel free to share your thoughts. My contact information is below.  This month, the school counseling program will continue to provide classroom lessons, small group counseling and individual meetings with students. In January, we’re recognizing No Name Calling Week, National Mentoring Month and The Great Kindness Challenge.  Looking forward to a great 2018! Hope you are. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **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.

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| Contact School Counselor at 704-866-8467or sosilva@gaston.k12.nc.us.  |

 https://dcps.duvalschools.org/cms/lib/FL01903657/Centricity/Domain/3519/counseloreducatoradvocate.jpg  |

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| **Home of the Hawks** |

Image result for what's happening clipart **Kindness in Action** C:\Users\sosilva\Desktop\No Name Calling Week.jpg**January 15th – 19th** **GCS Kindness Challenge Week****C:\Users\sosilva\Desktop\kindness-challenge-2.jpeg****January 22 – 28, 2018****\*Wear Yellow on Jan. 25th**Image result for National mentoring month 2018 | **Character Education****“We’re Soaring with Good Character”**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The character trait of the month is **Perseverance**. **Perseverance** means a steady will to complete a task in spite of any obstacles before you. Students will have an opportunity to learn more about perseverance through morning announcements and classroom activities\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Growth Mindset Posters - Free!By Anne Gardner Teachers Pay Teachers  **“Intelligence plus character- that is the goal of true education.”** **Dr. Martin L. King, Jr.****Foster Resilience in Students by**…* Cultivating meaningful **relationships**
* Modeling **respect** unconditionally
* Setting **reasonable** expectations

(Taken from 3 Rs of Resilience by Mary Ellen Knight on Teachers Pay Teachers) |

 **Thank you, Mentors!**