



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

January 2021

Counselor Message

Happy New Year! As the school counselor, I am excited about the beginning of a new year and looking forward to another great semester at Hawks Nest STEAM Academy!

In December, the school counseling program continued to explore emotions and coping skills, i.e. self-care, music, yoga, breathing, grounding, dancing, positive self-talk, positive thoughts/attitude. Student Council led a service project opportunity inviting students to participate in Macy's Make-A - Wish letter writing campaign.

This month, the school counseling program will continue to provide classroom lessons and individual meetings with students. Comic-Con starts this month, where students are creating their own characters. Great Kindness Challenge Week is at the end of the month. I can't wait to see what our students will do in both of these areas!

How to see the school counselor

Classroom guidance classes based on class 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.



GCS Kindness Challenge Week



Jan. 25 – 29, 2021

Great Kindness Challenge Spirit Week

Monday, January 25th

Team Kindness: Wear your favorite sports/team apparel

Tuesday, January 26th

I Choose Yellow - Wear yellow

Wednesday, January 27th

Dream of Kindness: Wear Pajamas Day

Thursday, January 28th

Tied Together with Kindness: Wear a tie or tie-dye

Friday, January 29th

I Choose Yellow- Wear yellow

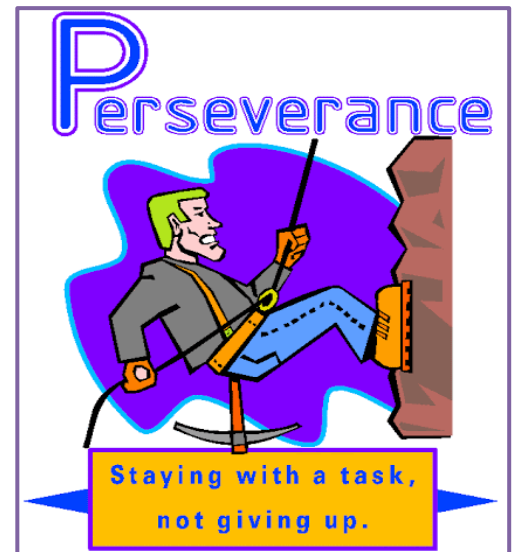
<https://thegreatkindnesschallenge.com/schooledition/>

Kindness Matters!

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.



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You Can Use

NCPMI Problem Solving Steps



1. Think/Ask Self: What is my problem?
2. Think of some possible solutions.
3. Think/Ask -What would happen if...? Would it be safe? How would everyone feel?
4. Give it a try.

https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_problem-solving-steps_poster.pdf