



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

January 2023

Counselor Message

Happy New Year! And welcome to what promises to be an even greater second half of the school year!

In December, the school counseling program continued with Digital Citizenship lessons in classroom guidance with students. Small group counseling and individual meetings with students also continued. Hawks Nest participated in a Color Squad Kindness Service Project during December. Together, students donated over 850 food items to Crisis Assistance Ministry! Student Council facilitated a service project, inviting students to join them in writing letters for Macy's Make Believe campaign to help support critically ill children. With each letter written, Macy's donates a \$1 to the Make - A - Wish Foundation. This year, approximately 40 letters were written.

In January, the school counseling program will continue to provide classroom lessons, small group counseling and individual meetings with students. The Great Kindness Challenge Week is in January, another great opportunity for students to showcase the kind acts we do as Bucket Fillers every day at Hawks Nest. Let's have a fantastic month!

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.



GCS Kindness Challenge Week



One Week. One Checklist. Infinite Happiness.

Great Challenge Kindness Challenge Week is a week committed to creating a culture of kindness. Kindness Matters!

<https://thegreatkindnesschallenge.com/>

January is National Mentoring Month



Thank You Mentors for your commitment to students @ Hawks Nest STEAM Academy!

January is National Thank You Month

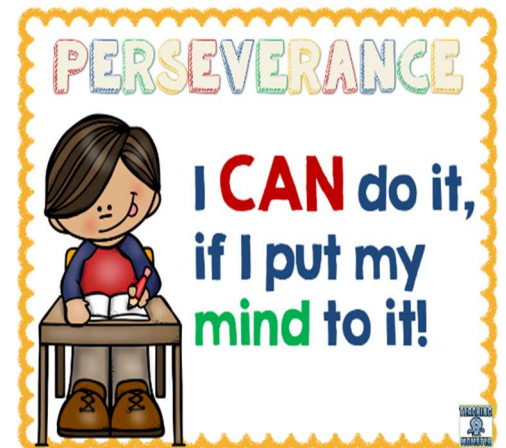


The beginning of a New Year is a perfect time to reflect and show others we're appreciative-be sure to say thank you, write a thank you card or note, etc. <https://nationaltoday.com/national-thank-you-month/>

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.



You Can Use



Check out this video series and activities about Persverance from ClassDojo and Stanford University's PERTS research center. A great way for students to learn about perseverance and how powerful it is!

<https://ideas.classdojo.com/b/perseverance>