



Hawks Nest  
**STEAM**  
ACADEMY

# School Counseling Program Newsletter

Shandrai Silva, School Counselor

March 2021

## Counselor Message

Happy March! This month marks the beginning of spring. A time of renewal! I'm looking forward to all the new and exciting things this month is sure to bring.

In February, the school counseling program continued with classroom guidance lessons and individual meetings with students. In classroom guidance, students participated in social emotional lessons on problem-solving and coping skills.

This month, students will begin College & Career lessons. These lessons always prove to be a wonderful time of exploring and learning for students. I also started meeting with students in grades 3-5. These mini-meetings serve as a counselor check-in with students.

Lastly, as I continue to evaluate the needs of students and the school counseling program, please feel free to reach out to me. Your feedback is welcomed.

### How to see the school counselor

Classroom guidance classes are based on 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).

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Virtual Career Day is April 28<sup>th</sup>



Career Day is an opportunity for students to learn more about various careers, particularly STEAM related careers. Career Day participants are needed. Interested? - Please contact Ms. Silva.



## Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Good Judgment**. Good Judgment means to choose worthy goals; thinking through the consequences of your actions; and basing your decisions on wisdom and good sense.

“Intelligence plus character- that is the goal of true education.”

Dr. Martin L. King, Jr.



## You Can Use

NCFM The Turtle Technique



Steps of how to control feelings and calm down (“think like a turtle”).

- Step 1: Recognize your feelings.
- Step 2: Stop your body.
- Step 3: Tuck inside your “shell” and take 3 deep breaths.
- Step 4: Come out when you are calm and think of a solution

[https://challengingbehavior.cbcs.usf.edu/docs/TurtleTechnique\\_steps.pdf](https://challengingbehavior.cbcs.usf.edu/docs/TurtleTechnique_steps.pdf)