



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

May 2020

Counselor Message

Happy May! It's certainly been an eventful and different kind of second semester for schools. Who would have ever imagined the school year ending in a remote learning capacity? While this new format has been different and unfamiliar for most, it's also been a great opportunity to demonstrate our ability to be flexible, resilient and patient as we forge ahead.

In April, the school counseling program provided digital learning activities for students. Activities are posted in Guidance Google Classrooms and also shared with classroom teachers to distribute to parents and students. In April, students in grades K-2 continued social-emotional learning with Class Dojo characters, Mojo and Katie. Students in grades 3-5 continued with activities on stress management. We also started college and career lessons. I'm super excited about the Virtual Career Day planned for students this year! Stay tuned- it's going to be treat! Thank you community members and parents for making this possible for our students!

It's been another great year for the school counseling program with guidance lessons, school-wide service projects, and school participation in special events like International Dot Day, Red Ribbon Week, and the Great Kindness Challenge and facilitation of individual and small group counseling.

Have a great time this summer with family and friends- enjoy each other and make a lot of fabulous memories.



<https://www.mhanational.org/about-mental-health>

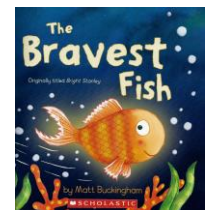
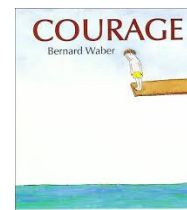


Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Courage**. **Courage** is doing the right thing even when others don't; following your conscience instead of the crowd; and attempting difficult things.

Exploring this month's character trait through literature...



You Can Use

1-Minute Mindfulness Exercise

Stroke your hands.

Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

By Leonie Stewart-Weeks

<https://psychcentral.com/blog/1-minute-mindfulness-exercises/>

Reaching the School Counselor

While schools are closed in response to current public health concerns surrounding the COVID-19 pandemic.

Our hours during this time are 8 a.m. – 3 p.m.

Ms. Silva may be reached at sosilva@gaston.k12.nc.us. Emails will be responded to in a timely manner. In the case of a mental health emergency and immediate assistance is needed, please call PARTNERS helpline at 1-888-235-4673 or 911.