



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

November 2020

Counselor Message

Happy November! This school year is moving right along. It's hard to believe it's the beginning of November. The school counseling program at Hawks Nest has been busy. In October, we recognized National Bullying Prevention Month and Red Ribbon Week. Congratulations to our Red Ribbon Week Door Decorating Contest winners: Ms. Patz for grades K-2 and Ms. Avery for 3rd – 5th grades. Students had an opportunity during one of our Wild About Wednesdays to participate in a Unity Day activity- Every Step You Take. In classroom guidance, students engaged in social-emotional lessons. We're learning about emotions-identifying them, how they're communicated through facial expression, body language, tone and volume of voices; and how to respond/cope with emotions and practice self-care. We're just getting started! I can't wait to see how much we learn.

In November, the school counseling program will continue with classroom guidance social-emotional lessons. We're participating in a school-wide service project in recognition of World Kindness Day.

We're looking forward to another great month! Please feel free to contact me with any feedback you may have about the school counseling program.

How to see the school counselor

Classroom guidance, individual and small groups.
Contact School Counselor at 704-866-8467 or
sosilva@gaston.k12.nc.us.



World Kindness Day



November 2-16, 2020

Canned Food Drive in recognition of World Kindness Day on November 13th. Canned food will be donated to a local helping organization.

Make Kindness the Norm

50+ ways to be kind poster

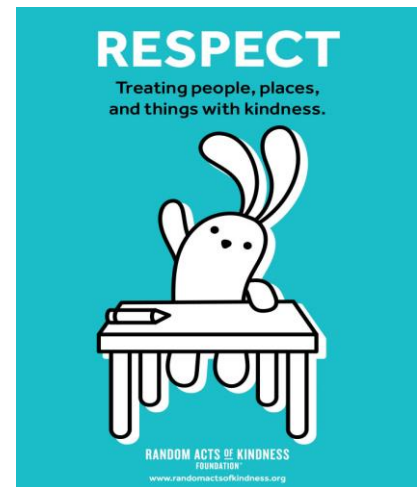


Available Random Acts of Kindness.org

https://assets.randomactsofkindness.org/downloads/RAK_kindness_poster.jpg

Promoting Character Education "We're Soaring with Good Character"

The character trait of the month is **Respect**. Respect is taking turns, sharing, and listening to what others have to say; treating others respectfully.



You Can Use on Self-Care



Ways someone can practice self-care: use positive self-talk, eat healthy foods, slow down and practice mindfulness.

Take time to care for your mind & body.
What is your self-care plan!