



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

October 2021

Counselor Message

The 2021-2022 school year has gotten off to a great start! We've been quite busy at Hawks Nest STEAM Academy. In September, we recognized International Dot Day again. Students engaged in lessons about making their mark, goal-setting and thriving, wore dots on Dot Day and participated in the Make Your Mark service project. Together, we collected over 1300 items for the Crisis Assistance Ministry. We also recognized International Day of Peace by wearing white on Peace Day and exploring peace with self and others. During Start with Hello Week, we talked about being kind and including others while in engaging in lessons on our character trait of the month – Responsibility.

October is National Bullying Prevention Month. Students will build communication and listening skills while engaging in lessons about bullying. We will continue to focus on being bucket fillers as students learn about what it takes to be an Up stander when bullying occurs. Red Ribbon Week will also be recognized this month with lessons about making healthy choices.

Individual meetings with students are underway with small groups meetings scheduled to start soon. Please be sure to reach out with any feedback.

How to see the school counselor

Classroom guidance classes are 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.



Bullying Prevention Month



Unity Day is Oct. 20th - Wear Orange

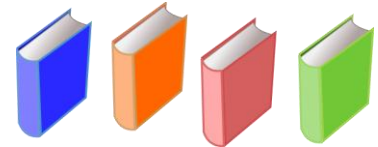


Red Ribbon Week
October 25- 29, 2021



Promoting Character Education “We’re Soaring with Good Character”

The character trait of the month is Fairness. Fairness is playing by the rules; taking turns and sharing; being open-minded; listening to others and treating others fairly.



Explore Fairness through children’s book about fairness...

- *It's Not Fair* by Amy Krouse Rosenthal
- *Fair Is Fair* by Sonny Varela
- *That's Not Fair* by Gina & Mercer Mayer



You Can Use

Assertive Communication..

involves being calm, clear and confidence. With assertive communication, one is able to communicate feelings and needs in a calm and respectful way. For example, assertive communication includes one speaking up when someone has done something they don't like, are trying to get them do something they don't want to do or when you express an idea that's difference from others in the group.