



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

October 2019

Counselor Message

September was a busy month for the school counseling program. We celebrated International Dot Day, International Day of Peace and Start with Hello Week. In recognition of Dot Day, students learned more about making their mark and being better. As a school, we participated in a Make Your Mark service project, collecting over a 1000 items for the Levine Children's Hospital.

In October, we'll recognize Red Ribbon Week and National Bullying Prevention Month. The process for student council elections will begin this month as well. Classroom guidance lessons will continue. Small group planning is underway.



How to see the school counselor

Classroom guidance classes, 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.



Home of the Hawks



Bullying Prevention Month



Red Ribbon Week

October 21-25, 2019



Character Education

"We're Soaring with Good Character"

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

Promoting Character Education

"Fairness does not mean everyone gets the same."

Fairness means everyone gets what they need."

- Rick Riordan



You Can Use

A Coping Skill...

*Stress Press- press the palms of hands together as hard as you can and count to 10.

Practice the Stress Press when you are happy and calm. It'll will be easier to do when you are not

The Plum Tree Child & Adolescent Psychology