



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

September 2022

Counselor Message

Welcome to the 2022-2023 school year! This school year has gotten off to a great start! A lot of great things are happening- students are busy learning and interacting with one another.

At Hawks Nest, the school counseling program will continue to offer individual, small group and classroom counseling. So far, students have learned about bucket filling and making their mark in classroom counseling. Students will have an opportunity to participate in a variety of school-wide activities like International Dot Day, Start with Hello Week, and Red Ribbon Week. As a school, there will be several opportunities to demonstrate bucket filling by participating in service projects. Together, we will Make Our Mark!

Your feedback and input are welcomed! Please feel free to reach out to me with any ideas you may have.

Here's to another great year together!

How to see the School Counselor

Classroom counseling/guidance classes every two Weeks. Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated. Contact school counselor, Shandrai Silva, at sosilva@gaston.k12.nc.us and/ or 704-866-8467.



Student Support Services @ the Nest
School Counselor: Shandrai Silva
School Social Worker: Diane Manning
School Nurse: Lauren Smith



Home of the Hawks



International Dot Day

- *Wear Dots on Sept. 15th
- *Make Your Mark Service Project
Sept. 12th – Sept. 16th

Collecting single toothbrushes, toothpaste, hairbrushes, lotion and individually wrapped snacks for the Robin Johnson House, Gaston Hospice.



September 19th – 23rd

Start with Hello Week enables students to make a difference with others in simple, fun, and impactful ways by encouraging them to take small but powerful actions to include others.

Wear **GREEN** on Wed, Sept. 21st

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

The character trait of the month is **Responsibility**. **Responsibility** means taking care of your duties; answering for your actions; being accountable and trustworthy.



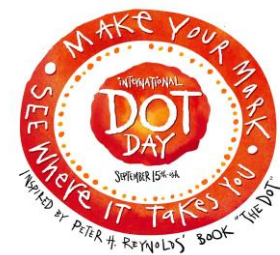
You Can Use

Key concepts and themes reviewed and introduced in classroom counseling at the start of each school year.

Bucket Fillers

A bucket filler is a loving, caring person who does or says nice things. We will continue to focus on being Bucket Fillers at school, home and in our community.

<https://bucketfillers101.com/>



We explore what it means to “Make Your Mark” as we recognize International Dot Day. Students explore how they can make their mark by helping to make this world a better place... using their talents and gifts to change the world; goal-setting and pursuing dreams.

<https://www.internationaldotday.org/>