Counselor Message

Greetings! While we are certainly experiencing a time in our existence like none we have experienced before as a community, a nation and as global citizens, I hope this greeting finds you safe and well. This month, I would like to encourage you to invest in the care of self and family as we also try to create some sense of normalcy as adults and for our children. I’m excited our students will continue to connect with school staff and have opportunities to continue learning. I am also excited about the opportunities we all have to use this period to reconnect with self and loved ones. More information will be made available on my website.

How to reach 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.

Character Education

“We’re Soaring with Good Character”

The character trait of the month is Honesty. Honesty means being truthful in what you say and do.

Promoting Character Education

Character Quotes of the Week

Week of April 6, 2020
Character Quote of the Week: “Honesty is the best policy” - Benjamin Franklin

Week of April 13, 2020
Character Quote of the Week: “Truth is the only safe ground to stand on.” - Elizabeth Cady Stanton

Week of April 20, 2020
Character Quote of the Week: “Honesty is the best gift you can give.” - Author Unknown

Week of April 27, 2020
Character Quote of the Week: “Your honesty influences others to be honest.” - George Washington

Calming & Relaxation Techniques

Butterfly Breaths

Start with your palms in front of you. Stretch your arms out and back, taking a breath in. Bring arms back together, letting breath out as you do.

A Mindful Walk

Take a mindful walk, use your senses and focus on what you notice as you walk. What do you smell? What do you see? What do you hear? What do you feel?

Calm Down Yoga For Kids

Printable at https://childhood101.com/yoga-for-kids/

Normalcy & Children during COVID-19

Have a schedule – the structure and stability of schedules can help children feel more secure and ward off boredom and frustration.

Adults managing their own anxiety helps and reassures children.

Be empathetic of disappointment children may experience due to postponed or canceled events.

Keep children busy with normal household chores and responsibilities.

Continue with activities that help relax and soothe children, such as reading to them, singing and playing familiar games.