



## 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. In this issue, you will find ways that are intended to support you in these areas. More information will be made available on my website. To stay connected with students and provide a sense of normalcy, I plan to share information through their classroom teacher. If you need to make contact with me, see the information below.

**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](mailto: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.



## Home of the Hawks



### You Can Use Calming & Relaxation Techniques

#### Butterfly Breaths



<http://clipart-library.com/butterfly-images-free.html>

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.

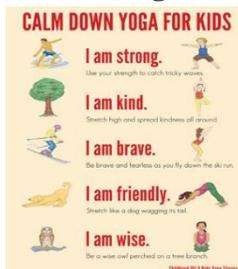
#### A Mindful Walk



<http://clipart-library.com/clipart/2011775.htm>

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/>

## 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

Reflect on the meaning and the application of each quote...

##### 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

### 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.

Creating a new normal for kids during the uncertainties of COVID-19  
<https://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9fd1-2b5a64583a>