



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

February – May 2023

Counselor Message

Amazingly, we have come to the end of another school year! It seems like the first day of school was just a few days ago. As we prepare for the final days of the 2022-23 school year, let's reflect on what's been happening with the school counseling over the past few months.

Classroom guidance lessons, small groups and individual meetings with students continued. In classroom guidance, our lessons focused on friendship & collaboration skills, college and careers, and mental health. Random Acts of Kindness Week was in February. In April, we had our first in person Career Day since 2019. It was a huge success! Thank you community members for showing up for our students. We also participated in Global Youth Service Day on April 28th, collecting education items for Gaston Skills. Bucket-filling abounds at Hawks

Nest! In May, Hawks Nest participated in Gaston County Schools Mental Health Month Awareness Campaign. We walked and wore green to bring awareness to mental health. Students participated in lessons focused on mental health and participated in movement and mindfulness activities.

It's been another great year at Hawks Nest STEAM Academy. Have a great summer – make a lot of wonderful memories!

How to see the school counselor

Classroom guidance classes are based on 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 ssilva@gaston.k12.nc.us.



May is Mental Health Awareness Month



May 1st - 11th – Mental Health Walks
May 11th – Wear Green

From Zero to Three.Org.. Mindfulness: Starfish Breathing Exercise



<https://vimeo.com/410207426>
<https://www.zerotothree.org/resource/starfish-breathing/>

Character Education

“We’re Soaring with Good Character”

The character trait for May is **Courage**. **Courage** is doing the right thing even when others don't; following your conscience instead of the crowd; and attempting difficult things.

“Intelligence plus character- that is the goal of true education.” Dr. Martin L. King, Jr.



You Can Use



Self-care summer

for primary pupils #SelfCareSummer

Relationships and connection	Play and entertainment	Relaxation
Spending time with friends and family is not only fun but can also be good for your wellbeing, especially if you are feeling sad or lonely.	Making time to play can be part of self-care. Whether it's with friends, animals or through board games, all types of play and having fun is important.	Summer can be busy with lots of plans, but remember to take time for you, to relax and do things you enjoy.
Week 1	Week 2	Week 3
Physical activity	Creativity	Emotional health
Keeping active can boost your mood and wellbeing. Whether it's dancing, sports or going for a walk, you can do it your way.	Being creative can help you express yourself and relax, whether it's acting, cooking, drawing, writing or making music.	Don't forget to be your own best friend and be kind to yourself. Some people find writing down their feelings can help to get things off their chest.
Week 4	Week 5	Week 6

<https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/>