

Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

February 2020

Counselor Message

Happy February! The second half of the school year is underway. We are off to a great start at Hawks Nest.

In January, we participated in the Great Kindness Challenge Week. Student Council members served as Kindness Ambassadors, modeling and encouraging kindness throughout the week. Our students completed acts of kindness checklists as they performed acts of kindness. Students turning in their Kindness Checklist received a Great Kindness Challenge Kindness Certified Student certificate. They also had an opportunity to participate in the Kindness Pep Rally.

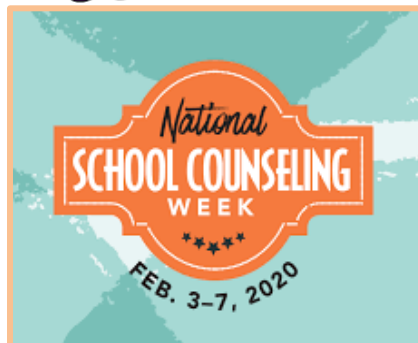
The school counseling program continued with classroom guidance lessons, small group counseling and individual meetings with students. In classroom guidance, students participated in lesson on Perseverance, Digital Citizenship and Kindness.

Looking forward to another great semester at Hawks Nest!

How to see the school counselor

Classroom guidance classes are weekly based on grade level 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 sosilva@gaston.k12.nc.us.



Random Acts of Kindness Day
February 17th

Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Self-discipline**. **Self-discipline** means being responsible for your actions; being in charge of the things you say and do and making choices that are healthy, safe, kind and respectful to others.



You Can Use

Self-Regulation

the ability to tolerate unmet wants or needs, handle disappointments and failures, and work toward success.

Children learn how to self-regulate through:

1. Modeling – show children how handle emotions through your actions/reactions. . Give positive feedback when self-regulation skills are demonstrated by children.
2. Setting limits so kids know what to expect. Hold firm to those expectations when children push those limits – it teaches them to handle the frustration of not getting their way.
3. Providing the necessary level of support to allow the child to be successful and knowing when to back off the support.
4. Letting children have an opportunity to practice self-regulation skills by allowing them to make choices/decisions and sticking with them. This allows them to experience the consequences of their choices. Of course, adults sometimes have to say no. Everything cannot be a choice or negotiable.

Source: <https://www.neodesha.k12.ks.us/vimages/shared/vnews/stories/573a1bba3c4d3/Self%20Regulation.pdf>