



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

February 2022

Counselor Message

Wow, It's hard to believe it's already February! The second half of the school year has definitely gotten off to a great start!

In January, we participated in the Great Kindness Challenge Week. Student Council members served as Kindness Ambassadors, modeling and encouraging kindness throughout the week. Student Council members also gave Kindness Coupons when they spotted acts of kindness during the week – giving approximately 227 Kindness Coupons. HNSA students completed acts of kindness checklists as they performed acts of kindness.

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, Problem Solving, Teamwork & Collaboration, What to Do with a Chance?

I'm 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.



February 7 – 11, 2022

<https://www.schoolcounselor.org/getmedia/a0e5b299-5798-4a1c-b4f9-59f99a9c81c0/SC-Infographic.pdf>



February 17, 2022

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

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.

From Everfi - 3 Self-Control Activities For Children

<https://everfi.com/blog/k-12/3-self-control-activities-for-children/>



You Can Use

Collaboration - A 21st Century Skill

Working together collaboratively helps students to learn from one another, develop thinking skills and build self-confidence. Five strategies from eutopia.com are believed to deepened collaboration skills in students include...

1. Complex learning activities
2. Teaching students skills needed be a part of a team.
3. Create opportunities for individual and group accountability.
4. Provide opportunity for discussion
5. Ensure each student has a role, learning from each other.

For details on each of the five strategies, go to

<https://www.eutopia.org/article/5-strategies-deepen-student-collaboration-mary-burns>