



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

January 2020

Counselor Message

Happy New Year, Happy New Decade! The school counseling program is excited about the new year and looks forward to a fabulous second semester.

Last month, the school counseling program continued with classroom guidance lessons, small group counseling and individual meetings with students. Student Council facilitated a service project, writing letters to Macy's Make – A - Wish Foundation. Fourth and second grade students joined this project to help raise money through letter writing for the Make-A-Wish Foundation.

This month, the school counseling program will continue to provide classroom lessons, small group counseling and individual meetings with students. In January, we're recognizing National Mentoring Month and The Great Kindness Challenge.

Feel free to contact the school counselor with any feedback or ideas.

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.



GCS Kindness Challenge Week



Jan. 27 – 31, 2020

***Wear Yellow on Jan. 30th**

<https://thegreatkindnesschallenge.com/schooledition/>



Thank You Mentors!

January 8th – I Am a Mentor Day
January 17th – International Mentoring Day
January 30th – #ThankYourMentor Day

Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Perseverance**. **Perseverance** means a steady will to complete a task in spite of any obstacles before you.



From talkingtreebooks.com...

Perseverance is the ability and self-control that pushes you to work through challenges. Having perseverance means that when you are facing a challenge, you use your mind and your body to overcome it. Perseverance means you are able to wait and work through difficulties, whether they have to do with your mind, your body, or your emotions. <https://talkingtreebooks.com/definition/what-is-perseverance.html>



You Can Use

Helping Kids Deal with Stress

- Don't Overschedule – leave room for downtime.
- Ensure playtime where competition or a lesson involved – just play.
- Make sure getting enough sleep.
- Teach kids to recognize their own body clues about they're feelings.
- Be a model- adults manage their stress in a healthy way.
- Get off to a good start- set tone for day, make mornings calm.
- Prepare them to deal with mistakes.

<https://psychcentral.com/lib/7-tips-for-helping-your-child-manage-stress/>