



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

January 2022

Counselor Message

Happy New Year! It's been a great school year so far. I'm looking forward to an even greater second half of the year.

In December, the school counseling program continued with Last month, the classroom guidance lessons, small group counseling and individual meetings with students. In classroom guidance, we focused on digital citizenship lessons and kindness lessons. Student Council facilitated a service project, inviting students to join them in writing letters for Macy's Make Believe campaign. With each letter written, Macy's donates a \$1 to the Make - A - Wish Foundation. Hawks Nest wrote 200 letters, which equates to \$200 to help the critically ill children.

In January, the school counseling program will continue to provide classroom lessons, small group counseling and individual meetings with students. The Great Kindness Challenge Week is in January. This is a great opportunity for students to showcase the kind acts we do as Bucket Fillers each day at Hawks Nest



GCS Kindness Challenge Week



One Week. One Checklist. Infinite Happiness.
Great Challenge Kindness Challenge Week is a week committed to creating a culture of kindness. Kindness Matters!<https://thegreatkindnesschallenge.com/about>

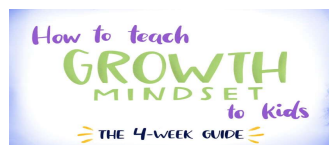
How to see the school counselor

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.



You Can Use



Big Life Journal's Guide to teaching kids to have a Growth Mindset. The guide includes tips and activities.
<https://biglifejournal.com/blogs/blog/teach-growth-mindset-kids-activities>.

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.



Mindset Matters



Growth Mindset + Perseverance = Greater Achievement

A Growth Mindset...
keeps trying,
believes in the Power of Yet,
faces challenges,
sees mistakes as opportunities,
believes effort and practice leads to improvement.

Change your thoughts, Change your outcome.