



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

March 2020

Counselor Message

Wow, it's hard to believe it is March already! It's going to be another great month at Hawks Nest!

In February, the school counseling program continued with classroom guidance lessons, small group counseling and individual meetings with students. In classroom guidance, students have participated in social emotional lessons on topics like Mood & Attitudes, Positive Thinking and Mindfulness. Student Council members participated in a service opportunity, preparing ribbon for pillowcase dresses. I'm super proud of their leadership!

We are looking forward to Career Day in April. The students always have a great time learning about college and careers.

Please let us know how the school counseling program at Hawks Nest can serve you.

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.



Career Day is April 30th



Career Day is an opportunity for students to learn more about various careers, particularly STEAM related careers. Career Day participants are needed. Contact Ms. Silva.



Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Good Judgment**. Good Judgment means to choose worthy goals; thinking through the consequences of your actions; and basing your decisions on wisdom and good sense.



“Intelligence plus character- that is the goal of true education.”

Dr. Martin L. King, Jr.



You Can Use

STOP * THINK * DO

Strategy helps with self-control, problem-solving and decision-making.

Stop - a reminder to slow down, don't rush, identify problem and feelings of self and others.

Think- brainstorm solutions, consider will it make situation better or worse.

Do the action/behavior that's best for you and others.