



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

March 2022

Counselor Message

Happy spring! This month marks the beginning of spring, an exciting time of renewal! In February, the school counseling program continued with classroom guidance lessons, small groups and individual meetings with students. In classroom guidance, some students completed their remaining Digital Citizenship lessons, while all students receive lesson on the month's character trait- Self-Discipline. Additionally, students participated in lessons based on their grade on topics of Problem Solving, Teamwork/Collaboration & Conflict Resolution. The last week of February, some students began College & Career lessons. Students will continue to participate in college and career lessons during their scheduled time for guidance over the next few weeks. At the end of April, students will participate in a Career Showcase Day where they will present career/college information explored.

As we continue to move through the second half of the school year, the school counseling program looks forward to meeting the needs of the school community. Please reach out to me.

How to see the school counselor

Classroom guidance classes are based on 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.



HNSA Career Showcase Day Friday, April 29, 2022



Career Day is an opportunity for students to learn more about various careers, particularly STEAM related careers. This year, students will learn about various careers from each other by way of a Career Showcase Day. More information forthcoming!

Calming Tool from And Next Comes L

FREE PRINTABLE SHAMROCK
**DEEP BREATHING
EXERCISE FOR KIDS**



www.andnextcomesl.com/2020/02/shamrock-deep-breathing-exercise.html

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.



You Can Use



Decision-Making

Use good judgment when making decisions by ..

1. Name the problem. Identify the decision that needs to be made.
2. Collect information that's relevant and needed before making a decision.
3. Brainstorm and consider possible solutions or alternatives.
4. "Weigh your options." Identify possible outcomes of the solutions or alternatives considered.
5. Make a choice. Choose the option that you believe will give you the best outcome, that solve the problem.
6. Time to take action. Take steps to follow through with the alternative chosen.
7. Evaluate the outcome, the results of decision made. Was the need met? Was the problem resolved.

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

Dr. Martin L. King, Jr.