



School Counseling Program Newsletter

Shandri Silva, School Counselor

May 2021

Counselor Message

It's May, believe it or not! As we near the end of another school year. I am pleased to share it has been another great year at Hawks Nest! In spite of all the changes related to COVID-19, we have a great time learning!

In April, the school counseling program continued to facilitate classroom guidance lessons, small group meetings and individual meetings with students. In classroom guidance, we finished up career lessons as well as had lessons on empathy and compassion. Virtual Career Day was also held in April. For classroom guidance classes held in May, our lessons focused on uniqueness, diversity and self-acceptance.

As we come to the end of another great year at Hawks Nest STEAM academy, I am reminded of all the wonderful things we were able to accomplish together- work/activities in classrooms, modified activities, etc. Have a great time this summer with family and friends- enjoy each other and make a lot of fabulous memories!

Reaching the School Counselor

Ms. Silva may be reached at 704-866-8567 or sosilva@gaston.k12.nc.us. During the school year, emails will be responded to in a timely manner.

In the case of a mental health emergency and immediate assistance is needed, please call PARTNERS helpline at 1-888-235-4673 or 911.



May is Mental Health Awareness Month

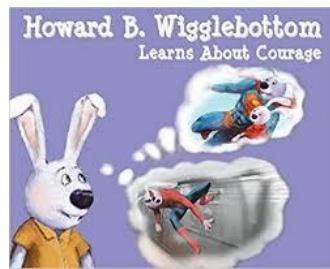


Character Education

"We're Soaring with Good Character"

The character trait of the month is **Courage**. **Courage** is doing the right thing even when others don't; following your conscience instead of the crowd; and attempting difficult things.

Exploring this month's character trait through literature...



<https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+About+Courage>



You Can Use

From the Mental Health First Aid: 5 tips to practice self-care as a family this summer.

1. Eat more fruit, vegetables, lean protein and whole grains.
2. Move everyday- walk together, stretch together, play together.
3. Spend time together as a family.
4. Follow a bedtime routine.
5. Talk about your feelings.

<https://www.mentalhealthfirstaid.org/2020/07/tips-to-practice-self-care-as-a-family/>