



Hawks Nest  
**STEAM**  
ACADEMY

# School Counseling Program Newsletter

Shandrai Silva, School Counselor

May 2022

## Counselor Message

As another school year comes to a close, I am grateful for another great school year at Hawks Nest STEAM Academy!

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 and prepared for Career Showcase Day. This year, students chose a career to research, to dress as and present on Career Day. The students also had an opportunity to take pictures a Career Day Photo Booth. The students worked hard. It was a lot of fun. I'm so proud of our students!

This month, we will focus on social-emotional skills in guidance, focusing on importance of good mental health in classroom guidance. We will finish up with any remaining small group meetings. Individual meetings with students will continue. HNSA is participating the GCS Walk Your Way to bring awareness to mental health the week of May 9<sup>th</sup>. That week, we will also participate in a service project – collecting items for Catherine's House.

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](mailto: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 need for immediate assistance, please call PARTNERS helpline at 1-888-235-4673 or 911.



May is Mental Health Awareness Month



<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



HNSA Walk Your Way GCS 2022 "WALK YOUR WAY"  
May 9 - 13, 2022

- Walking to bring awareness to mental health.
- HNSA Spring Service Project – collecting individually wrapped children's snacks for Catherine's House.
- Wear green on Thursday, May 12<sup>th</sup>

Teacher Appreciation Week, May 2-6

**Happy Teacher  
Appreciation Week!**

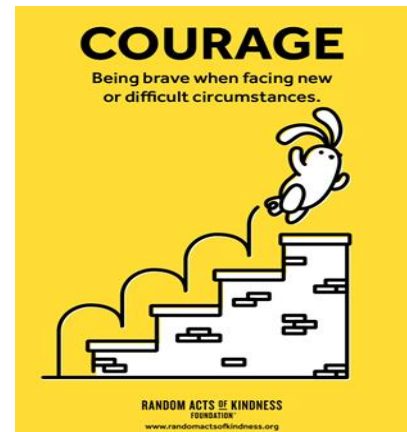
**Celebrate Your  
School Nurse!**



Wednesday, May 11, 2022

## **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.



Find resources for home and school at <https://www.randomactsofkindness.org/>



### **You Can Use**



Mental Health is equally as importance as physical health. Here are few resources ...

[What Every Child Needs Good Mental Health](#)

[Strategies for a Successful Summer Break](#)

[Supporting Children's Mental Health: Tips for Parents and Educators](#)