



Counselor Message

It's November, a time where we reflect on the things we are grateful for. We have so much to be grateful for at Hawks Nest. It's a great place to be!

During October, the school counseling program facilitated Red Ribbon Week activities where we focused on making good choices and healthy living with a spirit week, guidance lessons, healthy morning messages and a door decorating contest. Congratulations to our Red Ribbon Door Decorating Contest winners: Ms. Patz for grades 3-5 and Ms. Hopper and Ms. J for Kindergarten – 2nd grades. In recognition of Bullying Prevention Month, HNSA also participated in Unity Day where we focused on kindness, acceptance and inclusion. In classroom guidance, students engaged in lessons about Bullying Prevention, Making Healthy Choices, Social- Emotional Learning, and Digital Citizenship. Small group counseling started this month as well.

In November, the school counseling program will continue with classroom guidance lessons with Digital Citizenship lessons. More small groups are expected to start this month. We're also participating in a school-wide service project this month. And Student Council Elections are happening.

We're looking forward to all the great thing planned. Please feel free to contact me with any feedback you may have about the school counseling program.



Home of the Hawks

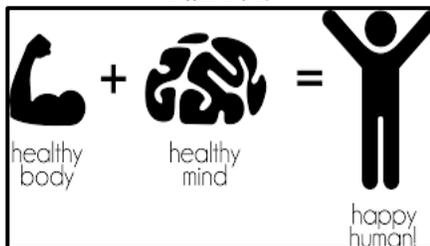


World Kindness Day



World Kindness Day is November 13th. As an act of kindness, Hawks Nest STEAM Academy is participating in a canned food drive on November 11-22, 2019, Items collected will be donated to the Salavation.

Mental Health Awareness Week Fall 2019



How to see the school counselor

Classroom guidance classes, are 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 ssilva@gaston.k12.nc.us

Promoting Character Education "We're Soaring with Good Character"

The character trait of the month is **Respect**. Respect is taking turns, sharing, and listening to what others have to say; treating others respectfully.



<https://talkingtreebooks.com/quotes/quote-respect-care.html>



You Can Use

Practicing Self-Care

Self-care - taking care of your physical, mental and emotional self.

- Stay Connected
- Get enough rest
- Healthy Foods
- Talk about your feelings
- Take a Breath
- Enjoy walks
- Practice Mindfulness
- Do Yoga
- Make time for yourself
- Challenge Negative Thinking
- Make Time for Yourself
- Do something that makes you happy

