



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

November 2021

Counselor Message

Happy November! Wow, it's November! It seems like the first day of school was just a few weeks ago.

The school counseling program at Hawks Nest continues to be busy. In October, we recognized National Bullying Prevention Month and Red Ribbon Week. For Bullying Prevention Month, we participated in Unity Day and students learned about being an Upstander in classroom guidance. For Red Ribbon Week, we learned about making healthy choices and participated in a fun-filled Spirit Week. Congratulations to our Red Ribbon Week Door Decorating Contest winners: Ms. Patz & Ms. Kendrick and Mrs. Hofferbert & Mrs. Green.

This month, students will continue to focus on being our best selves by exploring ways to be healthy both physically and mentally in classroom guidance. Some small groups are underway and more are planned to start soon. We're participating in a school-wide service project again this year in recognition of World Kindness Day.

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

How to see the school counselor

Classroom guidance, individual and small groups.
Contact School Counselor at 704-866-8467 or
sosilva@gaston.k12.nc.us.



HNSA recognizes World Kindness Day with Canned & Non-Perishable Food Drive on November 8th – 12th.



inspire
kindness®

Simple ways inspire kindness from

<https://inspirekindness.com/blog/world-kindness-day-2021-your-complete-guide>

Smile when you walk by others. Pick up litter. Leave a positive note for someone. Hold the door for someone. Tidy up around the house. Give a compliment. Volunteer. Practice gratitude. Help someone with a task. Surprise someone with a treat.

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.



Explore Talking Tree.com for this and other posters about respect as well as respect worksheets and teaching resources at ...

<https://talkingtreebooks.com/teaching-resources-catalog/posters/respect-means-poster.html>

<https://talkingtreebooks.com/category/teaching-traits/respect-worksheets-teaching-resources.html>



You Can Use

Using "I statements" can help communicate needs and potentially open up conversation.

One way to use "I-statements" is...

1. State how feeling, i.e. "I feel angry"
2. What happened to make you feel that way. "...that he didn't let me play".
3. Why you feel this way "because it's hurts my feelings when I'm left out."
4. What would like to see happen instead. "I want to be included and have someone to play with."

Use I -statements