



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silv, School Counselor

October 2020

Counselor Message

Happy Fall! The beginning of the 2020-2021 school year is off to a great start!

We have definitely been busy learning and bucket filling! During September, we recognized International Dot Day, Peace Day and Start with Hello Week. The school counseling program facilitated a Make Your Mark service project. We're super proud of all the children snacks and household items donated! The folks at Catherine's House were very appreciative.

In classroom guidance, students have been exploring bucket filling, making your mark, being a good friend, including others and emotions. This month, we will continue to explore emotions and developing self-care/coping skills. We will also recognize Bullying Prevention Month and Red Ribbon Week.

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



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 sosilva@gaston.k12.nc.us.



Bullying Prevention Month



October 2020

Unity Day is Oct. 21st - Wear Orange



Red Ribbon Week October 26- 30, 2020



Promoting Character Education “We’re Soaring with Good Character”

The character trait of the month is Fairness. Fairness is playing by the rules; taking turns and sharing; being open-minded; listening to others and treating others fairly.



You Can Use

12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

- Play board games and sports
- Go on a mindful walk outside
- Write in a journal or diary
- Practice coping skills, like mindful breathing
- Read picture books
- Practice mindful coloring
- Talk about characters' feelings in a movie
- Start an acts of kindness challenge
- Organize an area of the house together
- Write a self-compliment list
- Use conversation starters to share ideas
- Play games like "I Spy" and "Simon Says"

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<https://www.thepathway2success.com/10-selectivities-for-home/>