



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silv, School Counselor

October 2022

Counselor Message

Happy October! The first nine weeks of the 2022-23 school year has been great! We're looking forward to more wonderful happenings at the Nest!!!!

In September, the school counseling program focused on bucket-filling, International Dot Day and Start with Hello Week. Students participated in classroom counseling lessons and activities aimed at learning about bucket filling, making your mark and including others with Start With Hello. We continue to make our mark in the community. This year, we supported the Robin Johnson House of Gaston Hospice by donating toothbrushes, toothpaste, lotion, hairbrushes and snacks. Thanks for being bucket fillers and making your mark!

This month, students have focused on bullying prevention, learning ways to be an Upstander and prevent bullying with four steps presented by The NED Show and about how to be a good friend. In recognition of World Mental Health Day, students learned about mental health and wellness. For Red Ribbon Week, students will explore ways to care for their physical health as well as their mental health.

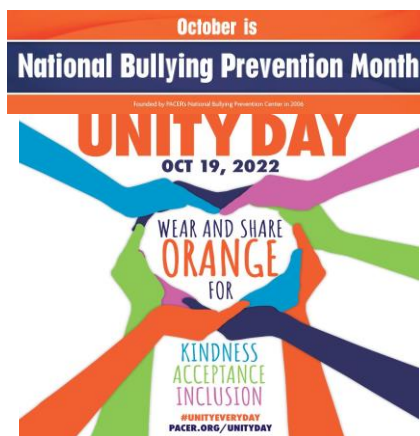
October's going to be great month. Please feel free to contact me with any feedback. Contact information is below.

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



Red Ribbon Week October 24- 28, 2022



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

**Calm Down Strategies for Children
From National Center for Pyramid Model
Innovations | ChallengingBehavior.org**



https://challengingbehavior.org/docs/Calm-Down_Poster_EN.pdf