Counselor Message

September was a busy month for the school counseling program. We celebrated International Dot Day, International Day of Peace and Start with Hello Week. In recognition of Dot Day, students learned more about making their mark and being better. As a school, we participated in a Make Your Mark service project, collecting over 1000 items for the Levine Children’s Hospital.

In October, we’ll recognize Red Ribbon Week and National Bullying Prevention Month. The process for student council elections will begin this month as well. Classroom guidance lessons will continue. Small group planning is underway.

Home of the Hawks

Bullying Prevention Month

Red Ribbon Week
October 21-25, 2019

Character Education
“We’re Soaring with Good Character”

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

Promoting Character Education

“Fairness does not mean everyone gets the same. “Fairness means everyone gets what they need.”
- Rick Riordan

You Can Use

A Coping Skill...

*Stress Press- press the palms of hands together as hard as you can and count to 10.

Practice the Stress Press when you are happy and calm. It’ll be easier to do when you are not. - Rick Riordan

How to see the school counselor

Classroom guidance classes, 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.