



# Hawks Nest STEAM ACADEMY

## SCHOOL COUNSELING PROGRAM NEWSLETTER



**SHANDRAI SILVA, SCHOOL COUNSELOR**

**FEBRUARY 2025**

### COUNSELOR MESSAGE

Welcome to February, another fabulous month at Nest! Here is a snapshot of January's happenings and what's ahead this month.

Students completed Digital Citizens lessons in January. We recognized Great Kindness Challenge Week. During GKC, students completed kindness checklists and participated in classroom activities. Student Council members served as 'Kindness Ambassadors'. They created kindness posters, made presentations to our lower grades, gave out Backpack Kindness clothespins and spotlighted kind acts observed during the week.

Small group and individual counseling continued in January and will continue this month. In classroom guidance, students will begin College & Career lessons. The students really enjoy these lessons! Career Day is Friday, March 7th. We still need Career Day presenters and would love to have more Career Fair participants.

February is Black History Month and Heart Health Month. Random Acts of Kindness Week is also in the month of February. Take some time to explore how you might be able to recognize each of these this month.

Here's to another great month at the Nest! If you have any feedback for the school counseling program, please feel free to reach out!

### HOW TO SEE THE SCHOOL COUNSELOR

Classroom guidance classes every two weeks. Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated. Contact school counselor, Shandrai Silva, at [ssilva@gaston.k12.nc.us](mailto:ssilva@gaston.k12.nc.us) and/or 704-866-8467.

### PROMOTING CHARACTER EDUCATION "WE'RE SOARING WITH GOOD CHARACTER"

#### GOOD JUDGMENT

The character trait of the month is good judgment. Good judgment is choosing worthy goals and setting proper priorities; thinking through the consequences of your actions; and basing decisions on practical wisdom and good sense.



### You Can Use

Social Stories & scripted stories are great ways to teach social and emotional skills to children.

Suri Spider Selects a Solution, a scripted story, on National Center for Pyramid Model Innovations@ <https://challengingbehavior.org/document/suri-spider-selects-a-solution/> helps children develop problem-solving skills. Click on the link to access the scripted story and other resources.



### Student Support Services @ the Nest



**School Counselor: Shandrai Silva**  
**School Social Worker: Diane Manning**  
**School Nurse: Susan Clark**

