



# Hawks Nest STEAM ACADEMY

## SCHOOL COUNSELING PROGRAM NEWSLETTER



**SHANDRAI SILVA, SCHOOL COUNSELOR**

**JANUARY 2024**

### COUNSELOR MESSAGE

Happy New Year! A brand new year is a great time to reflect. Here's a snapshot of school counseling program happenings what during the first semester at Hawks Nest: classroom lessons and activities included bucket filling; kindness/compassion; making your mark in the world; goal-setting; bullying prevention; self-awareness lessons exploring strengths, weaknesses, values/what's important to them, goals, how can make a mark; Start with Hello Week - including others and being an Upstander; Responsibility; Red Ribbon Week - making good choice; caring for physical and mental health; Cooperation and Teamwork. HNSA has participated in two successful service projects, providing Wishlist items and food for Ronald McDonald House - Charlotte and Alan Main Community Care Center. Individual meetings and small group meetings with students have occurred during the first semester.

Student Council representatives were elected and have already started to serve. In December, student council members made 30 door hangers for the guest families at the Ronald McDonald House - Charlotte. And they are ready to continue serving.

A brand new year is also a great time to set goals and looks for opportunities for growth. We're looking forward to another great semester at Hawks Nest STEAM Academy. Students will continue with Digital Citizenship lessons. We'll continue lessons on character traits as well as college and career lessons; and social and emotional skills. In January, Hawks Nest is recognizing the Great Kindness Challenge. For one week, students will focus on performing as many acts of kindness as they can. Career Day is scheduled for March. April 26th - 28th, we're participating in Global Youth Service Day. Mental Health Awareness Month is in May. We have a lot to look forward to this semester! I can't wait!!

#### 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, [atsosilva@gaston.k12.nc.us](mailto:atsosilva@gaston.k12.nc.us) and/or 704-866-8467.

#### Student Support Services @ the Nest



School Counselor: Shandrai Silva  
School Social Worker: Diane Manning  
School Nurse: Lauren Smith

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

#### COURAGE

The character trait of the month is courage. Courage is having the determination to do the right thing even when others don't; having the strength to follow your conscience rather than the crowd; attempting difficult things that are worthwhile.



Exploring Courage...

#### Table Talk Conversation Starter

Superheroes show courage on the outside. How does one show courage from the inside?



#### You Can Use

Some ways to show courage include..

- Trying new things.
- Facing challenges.
- Asking for help.
- Doing the right thing.
- Saying "I'm sorry."
- Being yourself.
- Keep trying to master a new skill.



#### Four Part Apology

Apologize	Take Responsibility	How will you resolve this?	Ask for Forgiveness
1	I am sorry...		
2	That I _____		
3	I will _____		
4	Will you forgive me?		

<https://inside.ewu.edu>



January is National Mentoring Month  
Thank you Mentors for your commitment to Hawks Nest students!

Great Kindness Challenge Week  
January 22nd - 26th

Wear Yellow - January 26th

