



Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER



SHANDRAI SILVA, SCHOOL COUNSELOR

MARCH 2024

COUNSELOR MESSAGE

Happy Spring! March marks the beginning of a new season. One where we focus on fresh starts, a reawakening and renewal. As we near the end of another school year, may we all feel renewed and ready to finish the year strong!

In February, students explored college and careers in classroom guidance. They participated in multiple career and college related lessons. Students will participate in Career Day on March 15th. We're looking forward to learning more about careers and STEAM related careers from our guests. In classroom guidance, we also recognized Black History Month with Black History Moments - reading about African-Americans.

Small group counseling and individual meetings with students continued this month. Student Council completed acts of kindness during Random Acts of Kindness Week.

In March, students will continue to participate in guidance classes, small group counseling and individual meetings. Fifth grade students will be able to make course selections for middle school.

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

HONESTY & INTEGRITY

The character trait of the month is honesty and integrity. Honesty is being truthful in what you say and do. Integrity is having the inner strength to be truthful, trustworthy, and honest in all things; acting justly and honorably.

Integrity
The Basis of Social Harmony and Action

REWARD RESPECTFUL BEHAVIOR

BE A ROLE MODEL

ARTICULATE FAMILY VALUES

DEVELOP A MORAL VOCABULARY

INTEGRATE

ROOTS OF ACTION
THE COMPASS ADVANTAGE



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 and/or 704-866-8467.

tools
You Can Use

MINDFUL LISTENING ACTIVITY FOR STUDENTS

1. GET STUDENTS ENGAGED AND ESTABLISH THE RIGHT CONDITIONS FOR MINDFULNESS (WILLINGNESS, INTEREST, A GOOD POSTURE).
2. RING A CHIME OR BELL AND INVITE THE CHILDREN TO LISTEN WITH ALL OF THEIR ATTENTION. CHALLENGE THEM TO LISTEN TO THE WHOLE SOUND – FROM THE FIRST MOMENT IT STRIKES ALL THE WAY THROUGH TO THE END OF ITS FADING, UNTIL THEY CAN NO LONGER HEAR EVEN THE FAINTEST TRACE OF SOUND.

ACCORDING TO MINDFUL SCHOOLS, "WHEN A ROOMFUL OF HUMAN BEINGS LISTEN INTENTLY TOGETHER TWO THINGS HAPPEN WITHOUT FAIL: IT GETS STILL, AND IT GETS QUIET. AND REGARDLESS OF OUR AGE, THERE'S USUALLY SOMETHING SOOTHING ABOUT THAT."

READ MORE ABOUT THE POWER AND BENEFIT OF MINDFUL LISTENING AT MINDFUL SCHOOLS – THE ART OF LISTENING

www.mindfulschools.org/personalpractice-artoflistening.



Student Support Services @ the Nest



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



CAREER DAY MARCH 15TH

