



Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER



SHANDRAI SILVA, SCHOOL COUNSELOR

MARCH 2025

COUNSELOR MESSAGE

Happy March! I'm so excited to be welcoming spring this month. Spring brings warm weather and is a great time to focus on renewal. I can't wait to see what this month holds.

In February, students began college and career lessons. Students will continue with these lessons in March. Career Day is March 7th! Our students love Career Day. We are so grateful for the variety of community partners and parents scheduled to come share their careers with students. Small group and individual counseling continued in February and will continue this month.

In February, we recognized Black History Month with a beautiful presentation by Mrs. Cynthia Stitt. Mrs. Stitt, owner of Vision Works Enterprise, is an author, actor, publisher playwright, community leader, youth pastor, military veteran and retired nurse. HNSA Student Council also presented "We Celebrate Black History" during our live announcements. I am so proud of their leadership.



MRS. CYNTHIA STITT

**RECITING DR. MAYA ANGELOU'S
POEM, LIFE DOESN'T FRIGHTEN ME.**

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 sosilva@gaston.k12.nc.us and/or 704-866-8467.

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

HONESTY & INTEGRITY

The character trait of the month is honesty & 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.

You Can Use

The Random Acts of Kindness Foundation offers resources to "Make kindness the norm.®" at school, home and work. Check out the Integrity poster and click the links to find out more about...

Kindness at Home: Integrity



[Kindness at Home Parent & Guardian Guide](#)

[-Kindness at Home - Integrity](#)

www.randomactsofkindness.org

Student Support Services @ the Nest



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

