

Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER



SHANDRAI SILVA, SCHOOL COUNSELOR

MAY 2024

COUNSELOR MESSAGE

Wow, the last day of school is just few weeks away! It has been another great school year at the Nest!!!

In April, students continued to engage in classroom guidance lessons. Students engaged in lessons on the character trait of the month, perseverance. Third grade students also participated in Play It Safe lessons. This month, we are focusing on Mental Health - what mental health is, and ways to support good mental health. Hawks Nest STEAM Academy is participating in GCS Mental Health Awareness Walk on May 1st - May 10th.

The Global Youth Service Project was a huge success! Thank you for your commitment to supporting the Food Pantry at Webb Street School. Together, we collected over 300 items. Let's keep making our mark in the our community.

Here's to a wonderful and relaxing summer break! May you and your families have fun and make a lot of wonderful memories!!!

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.

Student Support Services @ the Nest



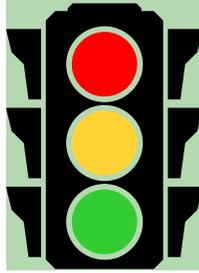
School Counselor: Shandrai Silva
School Social Worker: Diane Manning
School Nurse: Lauren Smith

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

SELF - DISCIPLINE

The character trait of the month is self-discipline. Self-Discipline: being responsible for your actions; being in charge of the things you say and do and making choices that are healthy and safe.

Self-Control Stoplight



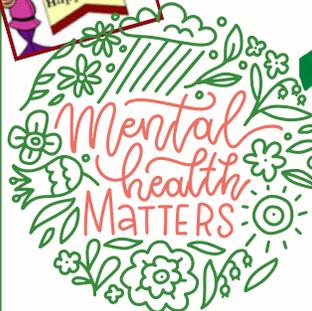
Red - Stop (Breathe, Count, Calm Self)

Yellow - Think (slow down, consider solution & what would happen)

Green - Go (Act, make a good choice)



take care
of your mind



YOU CAN USE



Information and resources provided by NAMI to help young people get mental health support.

<https://www.nami.org/your-journey/kids-teens-and-young-adults/>

GCS MENTAL HEALTH AWARENESS WALK TOGETHER CAMPAIGN @ HNSA

MAY IS MENTAL HEALTH AWARENESS MONTH. DURING THE WEEKS OF MAY 1-10, 2024, HNSA IS PARTICIPATING IN GCS 2024 "GCS MENTAL HEALTH AWARENESS WALK TOGETHER CAMPAIGN."

- WE'RE TAKING WALKS AS A MENTAL BREAK FOR EVERYONE TO ENJOY.
- WE'RE FOCUSING ON TAKING CARE OF OUR EMOTIONAL AND MENTAL HEALTH.
- WEARING GREEN ON FRIDAY, MAY 3, 2024 TO SHOW OUR SUPPORT OF MENTAL HEALTH AWARENESS & WE'RE ALL SET TO GO SHOW WHAT WE KNOW ON END OF GRADE TESTING!

