

Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER



SHANDRAI SILVA, SCHOOL COUNSELOR

MAY 2025

COUNSELOR MESSAGE

Happy May! The 2024 -2025 school year is coming to a close. Hard to believe! The end of the school year is a great time to reflect! So, here is a brief recap of last month and the school year.

In April, students continued to engage in classroom guidance lessons. Students engaged in lessons on the character trait of the month, perseverance and positive mindset. Third grade students also participated in Play It Safe lessons. During guidance classes, we also participated in a service project in recognition of Global Youth Service Day/Month. Students made bookmarks for Promising Pages, Incorporated. Promising Pages' goal is eliminate book deserts by providing new and donated books to children.

Individual and small group counseling with students continued in April. May is Mental Health Awareness Month. Student Council displayed awareness posters around the school and are sharing Mindful Monday announcements. Students who had guidance classes this month also learned about mental health.

A snapshot of the school counseling program's activities this school year: As of April: Individual Meetings with Students - 204 sessions; Small Group Meetings with Students - 34 sessions and Classroom Presentation (Guidance Classes) - 263 classes; approximately 381 parent contacts, three service projects, four schoolwide programs/activities and a schoolwide Career Day.

It's been a busy and productive school year. Here's to a wonderful and relaxing summer break! May your families have fun and make a lot of great 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.

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

SELF - DISCIPLINE

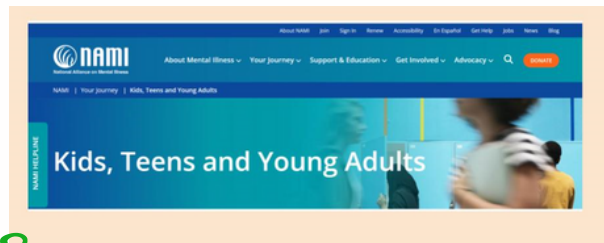
The character trait of the month is self-discipline. Self-Discipline: being responsible for your actions; being in charge of the things you say and do and making choices that are healthy and safe.



[PBS Kids Three Strategies for Teaching Children Self-Control](#)

[RocketKids - Self-Management & Taking Control](#)

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/>



Student Support Services @ the Nest



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

SUPPORT



May 9th

**CHILDREN'S
MENTAL HEALTH
AWARENESS DAY**



May 5 - 9, 2025

Mental Health
Awareness Month

YSM
Youth Service Month
April 1 - May 1, 2025
Participate in a Youth Service Month
Partner Day/Week/Month of Service

