Hawks Nest STEAM ACADEMY

SCHOOL COUNSELING PROGRAM NEWSLETTER

SHANDRAI SILVA, SCHOOL COUNSELOR — **NOVEMBER 2023**

COUNSELOR MESSAGE

Happy Thanksgiving! November is a month where we are reminded to be even more mindful, focusing on gratitude, kindness and compassion. We have so much to be grateful for at Hawks Nest. Here's to another great month at the Nest!

In October, students engaged in lessons and activities in classroom guidance about responsibility, bullying prevention, healthy choices and mental & physical wellness. Small group counseling is underway and individual meetings continue.

Student Council is another great opportunity for students to be involved in their school and develop valuable leadership skills. In November, students in grades 3-5 select student council representatives with officer elections being held on November 7th. Class representatives are elected by class-rooms the following week.

November 13th is World Kindness Day! We're excited about the opportunity for HNSA to show kindness and compassion to our neighbors in the community with a food drive on November 13th - 17th. Students may bring donations to school that week.

Again, I'm looking forward to another great month at Nest! Please feel free to reach out the school counseling program.

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"

KINDNESS & COMPASSION

The character trait of the month is kindness and compassion. Kindness is the quality of being friendly, generous, and considerate. Compassion is when you SEE someone in need, CARE about their feelings, and DO something to show you care. **How can kindness and compassion be shown at school, work, home, in the community or to oneself?**

You Can Use

Ways to Teach KINDNESS

Model kindness
Children observe how adults around them interact and treat people. Therefore, the best way to teach kindness is to show them how to be kind.

Use kind words
Develop a habit of being friendly and say something nice to say to others. Teach children magic words, such as "thank you", and "please".

Read stories of kindness
Books are a powerful tool to teach children about values. Choose books and stories with kindness themes. Encourage children to discuss the insights from the story.

Try volunteering
Involve children in some volunteer work to allow them to understand the impact of kindness on others. For example, you might ask them to donate, taking care of pets and plants, or visit a local retirement home.

Practice act of kindness
After providing children an understanding of what it means to be kind and the impact of kindness on others, encourage them to practice kindness everywhere they go.

make kindness the norm.
Welcome to RandomActsofKindness.org
Thank you for visiting

NOVEMBER 13TH — **World Kindness Day**
RANDOM ACTS OF KINDNESS

Acts of Kindness Service Project
November 13th -17th

Collecting Canned & Non-Perishable Food for community care center.