



Shandrai Silva, School Counselor

April 2019

Happy April! This month, we will continue to explore college and careers. Students are excited about these lessons and are especially looking forward to Career Day on April 17th.

This month, we are recognizing GCS Mental Health Awareness Week on April 8th – 12th. During Mental Health Awareness, we will focus on taking care of our mental and emotional health.

As we approach the end of the school year, students are encouraged to keep working hard and to do their best always.

GCS Mental Health Awareness Week
April 8th -12th

You Matter!

- Remember your positive qualities and accomplishments.
- Engage in healthy hobbies and exercise.
- Set realistic goals.
- Smile often.
- Think positive thoughts.
- Compliment yourself and others.

How to see the school counselor

Classroom guidance classes are weekly based on grade level specials schedule. Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator or counselor initiated.



Home of the Hawks



HNSA Career Day

Wednesday, April 17, 2019

***Wear College Tshirt or as what you want to be when you grow up- no costumes for non career-related attire.**

April is Child Abuse Prevention Month



<https://www.preventchildabusenc.org/get-involved/recognize-child-abuse-prevention-month>
<http://preventchildabuse.org/>

April is Autism Awareness Month



<https://www.autismspeaks.org/get-involved>

Character Education

“We’re Soaring with Good Character”

The character trait of the month is **Honesty**. Honesty means being truthful in what you say and do.



"Be honest in what you say and what you do." -Talking with Trees Books

Tips for Encouraging Honesty for Families

1. **Encourage Honesty-** explain what it means to be honest and why it's an important value. Reflect on times of dishonesty and the impact of the dishonesty.
2. **Model Honesty -** Pay close attention to whether you are modeling honesty and integrity in your day to day interactions.
3. **Praise Honesty-** When a child lies, remind them it is wrong to lie but, also important to thank children when they are honest and willing to share.

<https://mcc.gse.harvard.edu/resources-for-families/tips-encouraging-honesty>

“Intelligence plus character- that is the goal of true education.”

Dr. Martin L. King, Jr.