



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

November 2018

Counselor Message

Happy Thanksgiving. We have a lot to be grateful for at Hawks Nest. During October, the school counseling program facilitated Red Ribbon Week activities: spirit week, guidance lessons and door decorating contest. Congratulations to our Red Ribbon Door Decorating Contest winners: Ms. Patz for grades 3-5 and both Ms. Blake & Ms. Avery for Kindergarten – 2nd grades. HNSA also participated in Unity Day. In classroom guidance, students engaged in lessons about Bullying Prevention, Making Healthy Choices, Social- Emotional Learning, and Digital Citizenship.

In November, the school counseling program will continue with classroom guidance lessons on social-emotional learning, kindness, respect and digital citizenship. Small group are starting this month as well. And we're participating in a school-wide service project this month.

We're looking forward to all the great thing planned. Please feel free to contact me with any feedback you may have about the school counseling program.

How to see the school counselor

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

Contact School Counselor at 704-866-8467 or sosilva@gaston.k12.nc.us.

Home of the Hawks



World Kindness Day



Hawks Nest STEAM Academy is collecting canned goods, socks and gloves to donate to local helping organization in recognition of World Kindness Day on November 13th.



November 5 – 16, 2018



Promoting Character Education "We're Soaring with Good Character"

The character trait of the month is **Respect**. Respect is taking turns, sharing, and listening to what others have to say; treating others respectfully.



Problem- Solving for Kids

Here is what one mom used to teach her kids to problem solve as a coping strategy. She created a chart with the following information and offers it as a free download. Read her post about the chart and how to use it.

Four Ways to Cope

1. Say "Would you please stop (name the behavior)?"
2. Ignore their behavior.
3. Walk away.
4. Get help.

<https://thisreadingmama.com/coping-strategies-problem-solving-chart-kids/>