



Hawks Nest
STEAM
ACADEMY

School Counseling Program Newsletter

Shandrai Silva, School Counselor

December 2017

Counselor Message

Happy December! I am excited about the beginning of a new month at Hawks Nest STEAM Academy. I am especially excited about this time of the year - a time of celebration, reflection and giving.

Last month, the school counseling program was offered classroom guidance lessons from Strong Start Social Emotional Learning and in Digital Citizenship. Small group counseling is underway as students focus on social skills and coping skills.

As a school, we participated in a school-wide service project by collecting food for two helping organizations. We collected over 500 food items! There is a picture below. Thank you so much for supporting this effort.

November 7th was Election Day. Students in grade 3-5 voted on Student Council officers. Class representatives were also elected in November. Our newly elected Student Council members are excited and ready to serve! I can't wait to work with them.

I can't wait to see what the 2nd half of the school year has to offer!



Home of the Hawks



GCS Day of Kindness

December 6th- Wear pink to show your commitment to kindness & make an effort to be extra kind on this day.

Bucket-filling Opportunity

MAKE-A-WISH.

For every Santa letter received, Macy's Department store will donate \$1 to the Make-A-Wish®, up to \$1 million, to grant the wishes of children with critical illnesses. National Believe Day is Friday, December 8th. For more information, see

https://www.macys.com/social/believe/make-a-wish/?cm_sp=imp_-believe_-hamnav_makeawish

<https://www.macys.com/social/believe>

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 referral or counselor initiated. Contact School Counselor at 704-866-8467 or ssilva@gaston.k12.nc.us.

Character Education

"We're Soaring with Good Character"

The character trait of the month is **Kindness**. Kindness is being caring and showing concern and compassion for others.

Promoting Character Education

KINDNESS
Pass it on!

Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Call a lonely student
Open a Door Help carry a load Plant a tree
Pass a kindness on Share a snack
Cheer up a friend Thank a Teacher Lend a hand
Read to a young child Do a kind act daily
Leave a thank you note Offer your seat
Cycle courteously BE TOLERANT Let another go first
Bake cookies for firefighters Give a compliment
Help a student make friends Assist an adult
Give a balloon away Lend a classmate a pencil
Celebrate something every day Encourage a friend
Respect others Walk a dog Do a favor
Forgive mistakes Smile at someone new

www.actsofkindness.org

the random acts of kindness foundation

<https://volunteeruwns.files.wordpress.com/2011/01/rak-pass-it-on1.jpg>

