

# Hawks Nest STEAM ACADEMY

## SCHOOL COUNSELING PROGRAM NEWSLETTER



**SHANDRAI SILVA, SCHOOL COUNSELOR**

**JANUARY 2025**

### COUNSELOR MESSAGE

Happy New Year! This time of year is magical - full of hope and anticipation! As we enter into this brand new year. I am looking forward to another wonderful semester at Hawks Nest!

In January, students will continue to participate in classroom guidance classes every other week. In January, guidance lessons will focus on Digital Citizenship and the character trait of the month, Courage. As a school, we're recognizing Great Kindness Challenge Month during the week of January 27th - 31st. With student council serving as Kindness Ambassadors, students will have an opportunity to participate in kindness activities like the GKC checklists. Small groups with some students will continue as well as individual meetings.

Next month, students will begin exploring careers. We're so excited about Career Day coming up on March 7th.

Please feel free to reach out about the school counseling program. Contact information is below.

### 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](mailto:sosilva@gaston.k12.nc.us) and/or 704-866-8467.



### Student Support Services @ the Nest



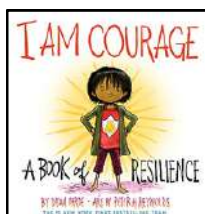
**School Counselor: Shandrai Silva**  
**School Social Worker: Diane Manning**  
**School Nurse: Susan Clark**

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

#### COURAGE

The character trait of the month is cooperation. Working together and helping others. Cooperation is about making sure we know how to be on a team or work in a group towards a common goal.

#### Exploring Character Education Through Literature



[I Am Courage - Susan Verde](#)



[A Little Spot of Courage- Diane Alber](#)



[Spaghetti in a Hot Dog Bun -Maria Dismondy](#)

Read & Discuss stories, exploring character traits, inquiring about main idea, how characters interacted with one another, if they've had similar experiences, how they would solve problem, etc.



### You Can Use

#### Goal Setting



#### FROM BIG LIFE JOURNAL

**7 FUN GOAL-SETTING ACTIVITIES FOR CHILDREN**

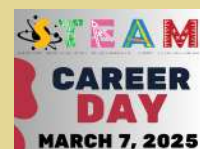
[Big Life Journal's 7 Fun Goal-Setting Activities for Children](#)



### January is National Mentoring Month Thank you, Mentors!

#### Kindness Moves! Kindness Matters!

Great Kindness Challenge Week is being recognized January 27 - 31, 2025: Kindness Checklists, lesson and activities! <https://thegreatkindnesschallenge.com/>



**Career Day Participants NEEDED!**  
Contact Ms. Silva, school counselor @  
704-866-8467 or [sosilva@gaston.k12.nc.us](mailto:sosilva@gaston.k12.nc.us)