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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  April 2019 |

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| **Counselor Message** 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.

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| **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.Image result for school counselor |

 This month, we are recognizing GCSMental Health Awareness Week on April 8th – 12th. During Mental HealthAwareness, 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 WeekApril 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.    |

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| **Home of the Hawks** |

Image result for what's happening clipart 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**](https://www.preventchildabusenc.org/get-involved/recognize-child-abuse-prevention-month)[**http://preventchildabuse.org/**](http://preventchildabuse.org/)**April is Autism Awareness Month**Image result for april autism autism speaks | **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. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Quote for kids about being honest in what you say and do. Trustworthiness. "Be honest in what you say and what  you do." -Talking with Trees Books

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| **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.** |

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