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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  February 2017 |

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| **Counselor Message** Happy February! Our second half of the school year has gotten off to a great start!  In January, the school counseling program continued with classroom guidance lessons, small group counseling and individual meetings with students. We recognized No Name- Calling Week which included Student Council making classroom presentations. We also participated in the Great Kindness Challenge Week- bucket filling abounds at Hawks Nest!  The NED Show visited Hawks Nest in January as well. We were reminded  of the importance of Never Giving Up, Encouraging Others and Doing Our  Best.  Great things are happening at the Nest! Stay Tuned!**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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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 referral or counselor initiated.

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

Image result for school counselor |

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| **Home of the Hawks** |

Image result for what's happening clipart http://www.sbcisd.net/wp-content/uploads/2014/02/counseling_week2014.png **February 6- 10, 2017**National Random Acts of Kindness Day - February 17 **NATIONAL RANDOM ACTS OF**  **KINDNESS DAY – February 17** **Black History Month**  **February 2017** | **Character Education****“We’re Soaring with Good Character”**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The character trait of the month is **Self-discipline**. **Self-discipline** means being responsible for your actions; being in charge of the things you say and do and making choices that are healthy, safe, kind and respectful to others. \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****C:\Users\sosilva\Downloads\self-discipline_poster.bmp** http://estherwuschoolcounselor.weebly.com/character-education.html **“Intelligence plus character- that is**  **the goal of true education.”** **Dr. Martin L. King, Jr.**Image result for building relationships with studentsImage result for building relationships with students |