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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor | February 2018 |

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| **Counselor Message**  Happy February! The school counseling program is looking forward to a great second half of the school year.  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 sharing a skit and facilitating discussions with some of the lower grade students. Students also had an opportunity to participate in the Great Kindness Challenge Week by completing a kindness challenge and participating in kindness lessons.  See what’s happening in February.  It’s going to be another great month at  the Nest!  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   |  | | --- | | **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 704-866-8467or [sosilva@gaston.k12.nc.us](mailto:sosilva@gaston.k12.nc.us). |   Image result for school counselor | |  | | --- | | **Home of the Hawks** |   Image result for what's happening clipart    http://www.sbcisd.net/wp-content/uploads/2014/02/counseling_week2014.png    **February 5 - 9, 2018**  National Random Acts of Kindness Day - February 17  **NATIONAL RANDOM ACTS OF**  **KINDNESS DAY – February 17**  Image result for black history month 2018 elementary school  **Black History Month**  **February 2018** | **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.  \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  http://www.edgebrookschool.org/ourpages/auto/2013/6/10/48524748/effort.jpg  <http://www.edgebrookschool.org/apps/pages/index.jsp?uREC_ID=205243&type=d&pREC_ID=405995>  **“Intelligence plus character- that is**  **the goal of true education.”**  **Dr. Martin L. King, Jr.**  Image result for building relationships with students |