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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!**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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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 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 |