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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor | February 2019 |

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| **Counselor Message**  Welcome to February. The school counseling program is gearing up for another great semester at Hawks Nest.  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 creating a video about name-calling share with our student body. We also participated in the Great Kindness Challenge Week. We participated in Five Days of Kindness, performing a kind act a day as school We wore yellow on Jan. 31st. Student Council in collaboration with our first grade students led a Kindness Pep Rally.  More great times await us!  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   |  | | --- | | **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  Image result for national school counseling week 2019 **February 4 - 8, 2019**  Rak day title  **RAK Day is February 17, 2019 #KINDNESSSTARTSWITHONE**  [**https://www.randomactsofkindness.org/rak-day**](https://www.randomactsofkindness.org/rak-day)  https://medinacounty-oh.aauw.net/files/2019/01/BLACK-HISTORY-POSTER-2-copy-300x264.jpg  **February 2019** | **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.  \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**    Image result for self discipline elementary  **“Intelligence plus character- that is**  **the goal of true education.”**  **Dr. Martin L. King, Jr.**  Image result for building relationships with students |