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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  January 2017 |

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| **Counselor Message** Happy New Year! As we enter the second half of our school year, we are geared up for even more wonderful opportunities at Hawks Nest! In December, the school counseling program continued with classroom guidance lessons, small group counseling and individual meetings with students. In classroom guidance, we continued with digital citizenship lessons and lessons on kindness and giving. On December 6th, we recognized GCS Kindness Day by wearing pink.  Check out the Look What’s  Happening information and stayed  tuned for more!**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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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.  |

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| **Home of the Hawks** |

Image result for what's happening clipart **The NED Show - Jan. 6th**http://www.thenedshow.com/images/The-NED-Show-ba1.png **Never Give Up, Encourage Others and Do Your Best!** **No Name-Calling Week** **January 16th – 20th**  **Kindness in Action!** Image result for no name calling week 2017 **GCS Kindness Challenge Week****January 25th – January 27th****\*Wear yellow on Jan. 25th** | **Character Education****“We’re Soaring with Good Character”**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The character trait of the month is **Perseverance**. **Perseverance** means a steady will to complete a task in spite of any obstacles before you. Students will have an opportunity to learn more about perseverance through morning announcements and classroom activities. \_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Image result for perseverance pictures for kids**“Intelligence plus character- that is the goal of true education.”** **Dr. Martin L. King, Jr.**  **January is****National Mentoring Month**Image result for Thank you mentor**Thank You Mentors!** |