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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  January 2019 |

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| **Counselor Message** Happy New Year! The beginning of a new year is an exciting time - one of reflection, goal-setting and redefining.  The school counseling program looks forward to fantastic second half of the school year. Please feel free to share any ideas you may have as we move forward.  In December, the school counseling program continued with classroom guidance lessons on Digital Citizenship. Students also engaged in lessons on kindness and empathy. This month, the school counseling program will continue to provide classroom lessons, small group counseling and individual meetings with students. In January, we’re recognizing No Name Calling Week, National Mentoring Month and The Great Kindness Challenge.  Looking forward to a great 2019! **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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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.  |

 https://dcps.duvalschools.org/cms/lib/FL01903657/Centricity/Domain/3519/counseloreducatoradvocate.jpg  |

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| **Home of the Hawks** |

Image result for what's happening clipart **Kindness in Action** C:\Users\sosilva\Desktop\No Name Calling Week.jpg **January 21st - 25th** **GCS Kindness Challenge Week** Image result for great kindness challenge**Jan. 28 – Feb. 1, 2019** **\*Wear Yellow on Jan. 31st**[**https://thegreatkindnesschallenge.com/schooledition/**](https://thegreatkindnesschallenge.com/schooledition/) Related image **Thank You Mentors!**  | **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 kids free downloadable posters Poster found at Random Acts of Kindness <https://www.randomactsofkindness.org/printables> **Resilient Kids that Never Give Up…**1. Have a supportive role model- model resilient behavior, be calm and consistent, admit your mistakes and talk about how to you’ll get better.
2. Are allowed to make mistakes- let them see consequences of their behavior, give them a chance to bounce back and learn from their behavior.
3. Are praised the right way- give process praise where you focus on strategies, process or effort.
4. Are taught to manage their emotions- teach that all emotions are normal, healthy ways to deal with emotions and fix problems.
5. Are taught to problem solve- don’t rush to solve problems for them, brainstorm ways to address challenges and possible consequences of each solution.

<https://biglifejournal.com/blogs/blog/how-to-raise-resilient-kids-who-never-give-up> |