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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  March 2019 |

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| **Counselor Message** Happy March! As spring approaches and we embark on the last quarter of the school year, I hope we’ll each take this opportunity to reflect and recommit ourselves to ending the school year strong! Remember the goals we set at the beginning of the school year? What about the goals we set at the beginning of the new year? Let’s keep striving! In classroom guidance, we’ve been talking about just that with our lessons on having a Growth Mindset and self-discipline. This month, students will begin exploring College & Careers. This is exciting time for students as they enjoy these lessons and look forward to Career Day. Small group counseling and individual meetings with students will continue as well.  It’s going to be another great month  at Hawks 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.  |

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| **Home of the Hawks** |

Image result for what's happening clipart   **Career Day is coming!** **Wednesday, April 17th****Participants needed.** **Contact Shandrai Silva**  **704-866-8467****sosilva@gaston.k12.nc.us** **Celebrating** Women's History Month **March 2019** <https://womenshistorymonth.gov/>  | **Character Education****“We’re Soaring with Good Character”**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The character trait of the month is **Good Judgment**. Good Judgment means to choose worthy goals; thinking through the consequences of your actions; and basing your decisions on wisdom and good sense.**Helping Children Develop Good Judgment**According to article featured on Aha! Parenting.com, “Good judgment and decision-making skills develop from experience combined with reflection.” The article goes on to say good judgment in children can be developed by…1. Giving them an opportunity to practice making choices early, i.e. choosing what to wear.
2. Being clear about their span of control, they may have control over some things and there are things parents maintain/exert control over.
3. Using reflection, reflecting on experiences- how decision(s) were made and the results.
4. Observing the decision making process of adults who model how and why they make decisions.
5. Having control of their own decision-making as it becomes age appropriate.
6. Being allowed to make some bad decisions. They are still learning and allows for an opportunity to reflect and develop good judgment.

Dr. Laura MarkhamAha! Parenting.com <https://www.ahaparenting.com/parenting-tools/character/judgment> **“Intelligence plus character- that is the goal of true education.” - Dr. Martin L. King, Jr**  |