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| **School Counseling Program Newsletter** |



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| Shandrai Silva, School Counselor |  October 2018 |

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| **Counselor Message** The 2018-19 school year has gotten off to a fantastic start! In September, we celebrated International Dot Day. In guidance classes, students had a wonderful time learning about themselves and exploring how they can make their mark. For our Make Your Mark service project, students made greeting cards for members of our community. We also recognized International Day of Peace in September by wearing white and students learning more about peace and how to be Peacemakers in guidance classes. We have had lessons on being bucket fillers and started our Digital Citizenship lessons. In October, we’ll recognize Red Ribbon Week and National Bullying Prevention Month. Student Council elections are coming up. So, students in grades 3-5 will start campaigning at the end of the month. Classroom guidance lessons will continue and small group planning is underway. Have ideas for the school program, please feel free to share them with me. Contact information is below.

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| **How to see the school counselor** |

  Classroom guidance classes, 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 **Bullying Prevention Month** Image result for unity day 2018 **Red RibbonWeek** **October 22-26, 2018**  Image result for red ribbon week | **Character Education****“We’re Soaring with Good Character”**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The character trait of the month is **Fairness.** Fairness is taking turns, sharing, and listening to what others have to say; treating others respectfully.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Promoting Character Education****“Fairness does not mean everyone gets the same. Fairness means everyone gets what they need.” - Rick Riordan** <https://drrobynsilverman.com/2017/10/11/parents-talk-kids-fairness/10-powerful-conversation-starters-fairness/> IISC_EqualityVsEquityCartoon |