



# Hawks Nest STEAM ACADEMY

## SCHOOL COUNSELING PROGRAM NEWSLETTER



**SHANDRAI SILVA, SCHOOL COUNSELOR**

**AUGUST/SEPTEMBER 2024**

### COUNSELOR MESSAGE

Welcome to the 2024 -2025 school year! I am looking forward to another great year at the Nest. At Hawks Nest, the school counseling program will continue to offer individual counseling, small group counseling and classroom guidance. There will be opportunities for students to become more self aware and socially aware while building self-management skills, relationship skills and decision-making skills. As a school, we will continue to be bucket fillers in our communities through service projects.

This month, students will have an opportunity to participate in International Dot Day and Start with Hello Week. In recognition of International Dot Day, we'll focus on self-exploration, making our mark, goal-setting and Dot Day. For our Make Your Mark service, we are collecting household items for Catherine's House. In September, we're also recognizing Start with Hello Week. We will focus on being socially aware and relationship skills as we learn more about including others and strengthening community.

Let's make this the best school year, together. There's No Place Like Hawks Nest!

### HOW TO SEE THE SCHOOL COUNSELOR

Classroom guidance classes every two weeks. Small group counseling and individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated. Contact school counselor, Shandrai Silva, at [sosilva@gaston.k12.nc.us](mailto:sosilva@gaston.k12.nc.us) and/ or 704-866-8467.

### Student Support Services @ the Nest



**School Counselor: Shandrai Silva**  
**School Social Worker: Diane Manning**  
**School Nurse: Susan Clark**

### PROMOTING CHARACTER EDUCATION "WE'RE SOARING WITH GOOD CHARACTER"

## RESPECT

is the character trait of the month. Respect is showing high regard for authority, for other people, for self, for property and for country. Understanding that all people have value as human beings. How can respect be shown with people, places and things? Complete the activity sheet on ways to show respect individually or as a family.

[Talking Tree Books - Showing Respect](#)

### You Can Use

Each year, we begin our time together in guidance classes with lessons based on books, *Have You Filled a Bucket Today?* by Carol McCloud and *The Dot* by Peter Reynolds.

#### Bucket Fillers

A Bucket Filler is loving, caring person who says and does nice things. We focus on being Bucket Fillers at school, home and in the community.

#### WAYS TO PROMOTE BUCKET FILLING @ HOME

1. MODEL KINDNESS & PATIENCE
2. DRAW ATTENTION TO THE SMALL ACTS OF KINDNESS YOU DO.
3. PRAISE YOUR CHILD FOR SHOWING KINDNESS.
4. DISCUSS TIMES WHEN OTHERS HAVE HELPED FAMILY AND LET THEM KNOW HOW MUCH THE KINDNESS OF OTHERS MEANS.



<https://www.kinderberryhill.com/bucket-filling/>



We explore how we can make their mark by helping to make this world a better place... using their talents and gifts to change the world; goal-setting and pursuing dreams.

[What is Dot Day?](#)

### INTERNATIONAL DOT DAY

Friday, September 13th - Wear Dots.

**Make Your Mark Service Project: September 9th - 13th**

Collecting paper towels, toilet paper, washcloths and bath towels for Catherine's House, transitional housing for women & children experiencing homelessness.



**START WITH HELLO WEEK**  
**SEPTEMBER 16-21, 2024**

A week dedicated to making new social connections and creating a sense of belonging among youth. Teaching empathy and empowering students to end social isolation by following three easy steps.

1. See Someone Alone
2. Reach Out And Help
3. Start with Hello