



# Hawks Nest STEAM ACADEMY

## SCHOOL COUNSELING PROGRAM NEWSLETTER



**SHANDRAI SILVA, SCHOOL COUNSELOR**

**FEBRUARY 2024**

### COUNSELOR MESSAGE

Happy February! Wow, we're in the third nine weeks of the school year. It's hard to believe. I'm excited to see what the remainder of this nine weeks holds.

In January, students completed their Digital Citizens lessons. Our character trait for January was Courage. Student Council continues to lead with excellence. They facilitated Great Kindness Challenge Week by serving as Kindness Ambassadors, creating GKC posters and encouraging others to be kind with a presentation for the school body. Student Council also put together STEAM craft kits for assisted living residents. Small group and individual counseling continued in January.

This month, students will begin to explore college and careers. I am excited about all the great things student learn about college & careers during classroom guidance lessons. Career Day is March 15th. We are still in need for a few more career day presenters for grades kindergarten - second grade.

February is going to be great month at the 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, [atsosilva@gaston.k12.nc.us](mailto:atsosilva@gaston.k12.nc.us) and/or 704-866-8467.

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

#### GOOD JUDGMENT

The character trait of the month is good judgment. Good judgment is choosing worthy goals and setting proper priorities; thinking through the consequences of your actions; and basing decisions on practical wisdom and good sense.

#### Build Good Judgment with Reflection

Reflect on your experiences ...

- \*Think about what went right or wrong.
- \*Think about what you could have done differently.
- \*Make a plan to make problems less likely to occur.

[www.steppingforwardcounselingcenter.com](http://www.steppingforwardcounselingcenter.com)

Help Your Child Develop Good Judgment article- <https://www.ahaparenting.com/read/judgment>



tools  
You Can Use

POSITIVE



AFFIRMATIONS

HARNESSING THE POWER OF

#### Positive Affirmations

Positive affirmations are short, powerful statements that help you to control your thoughts, overcome negative patterns, and reinforce a belief in yourself.

#### Why Affirmations Matter:

- ✓ Rewire Thought Patterns: With repetition, they can change the neural pathways in your brain.
- ✓ Counteract Negativity: They're a tool to fight back against self-doubt and fear.
- ✓ Fuel Growth: Affirmations can serve as reminders of your capability and potential.

[www.canva.com](http://www.canva.com)

### Student Support Services @ the Nest



School Counselor: Shandrai Silva  
School Social Worker: Diane Manning  
School Nurse: Lauren Smith

RANDOM  
ACTS OF  
KINDNESS  
DAY

A DAY TO CELEBRATE AND ENCOURAGE  
RANDOM ACTS OF KINDNESS

**FEBRUARY 17**

CELEBRATE

RANDOM ACTS OF KINDNESS WEEK  
FEBRUARY 11-17, 2024

FEBRUARY 5-9, 2024

**NATIONAL SCHOOL  
COUNSELING WEEK**

School Counseling: Standards-Based, Student-Focused

February is  
Black History Month  
&  
Heart Health Month

