



**KEEP
CALM**
A SCHOOL
COUNSELOR CAN
HELP

*Inside the Issue***COUNSELOR
SPOTLIGHT**

Learn more about your NCCA
School Counselors and School
Social Worker.
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**WHAT'S
HAPPENING?**

Important dates and information
you need to know.

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**NCCA COUNSELING
WEBSITE**

We have a website and we want you
to become familiar with it!

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NATIONAL THANK YOU MONTH

January is National Thank You Month and we have a lot to be thankful for at NCCA. The things we are most thankful for are our students and their families! We are thankful for a school that can meet the needs of our diverse student population through the use of technology. The ability to provide each and every student with a laptop is a truly an incredible feat that our administration was able to accomplish.

National Thank You Month reminds us to take the time to express your gratitude for those who have helped us

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COUNSELOR SPOTLIGHT



Twala Timmons - School Social Worker

Ms Timmons may not be a school counselor but as our only school social worker she is an integral part to student services.

I am from the Peach State, Georgia, I moved to North Carolina to further my education in the areas of Counseling and Social Work. Prior to

coming to North Carolina Connections Academy, I worked as School Social Worker, a Social Worker for a local Department of Social Services, and a Case Manager and Housing Specialist for a local Housing Authority. During that time, I assessed and addressed the needs as well as the interactions of children, families, school personnel, and the community. Also, I provided direct services such as individual and group counseling, dropout prevention, crisis intervention and response, conducted home visits, and coordinated school and community services.

Here at NCCA I'm the lead for Drivers Education, McKinney Vento, & Truancy.

NATIONAL THANK YOU MONTH CONTINUED...

throughout the past year. Showing gratitude not only positively affects those you show thanks to, it also has a positive affect on you. Gratitude helps people feel more positive emotions, improve their health, and build strong relationships.

Showing gratitude is simple and we can all do it. So, how can you show gratitude? The simplest way to show gratitude is to simply say, "Thank you". You can also write your thanks by making a card or writing a poem. A gratitude idea for families is to make a family gratitude jar where you write down things you are thankful for and put in the jar and then read them at the end of the year, so you can reflect on things you are thankful for.

Another simple way to show you are thankful is with quality time. The best gift can simply be your time. When you take the time to spend your undivided attention on someone they truly feel appreciated. Set up a time where you can read, play, or just talk with whoever you would like to show gratitude to.

We can also show thank through acts of service. By helping others you show your thankfulness through your actions. This is very important to us at NCCA, our high school students must complete a service requirement to graduate. Acts of service can be as simple as making Valentine's Day cards to distribute at a nursing home or donating clothes and toys to those in need. Students could also do things such as a lemonade stand to raise money for a special cause. Older students may volunteer at food banks or local pet shelters. There are so many acts of service that we can do to show our thanks, just pick out something important to you.

There are endless ways to show others that we are thankful, so take some time and show someone thanks. Send Ms. Rhinehart some ways that you are showing your thanks this month. You can send a message through Edgenuity or email crhinehart@myncca.com.

HIGH SCHOOL UPDATE

We would like to welcome three new high school counselors to our team. Ms Kemberli Mayo will be working with students last names A - D. Mr Paul Harvey is now working with students last names E - J. Ms Kelly Sadler will be working with students last names K - Q.

Please help us to welcome them to NCCA!

Please feel free to contact your high school counselor if you have any questions about college!

Kemberli Mayo - Last Names A - D

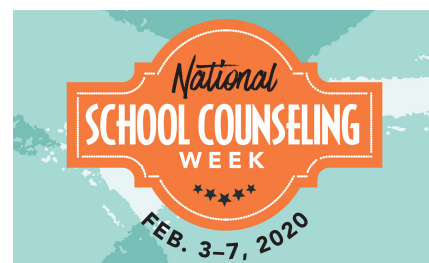
Paul Harvey - Last Names E - J

Kelly Sadler - Last Names K - Q

Nicole Leto - Last Names R - Z

OPPORTUNITIES FOR STUDENTS

- Meredith College Leadership Conference - Saturday, February 1st - for female High School Juniors - Discover your personal leadership style and strengthen your leadership skills. When you attend Meredith's annual Leadership Conference for High School Juniors, you'll join approximately 200 young women who are eager to develop their leadership skills and make a positive difference in all they do. Click [here](#) to learn more and register.
- Summer Accelerator is a summer program created by the North Carolina School of Science and Mathematics for rising 5th-12th graders. Students are introduced to exciting topics in hopes to encourage their interests in STEM concepts.



National School Counseling Week is February 3—7. This year's theme is "School Counselors: Helping Build Better Humans." This week is dedicated to spotlighting the unique, valuable contributions of school counselors. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

We need your help to highlight how a school counselor has helped you. Download one of the following signs to let us know how a school

Offer encouragement:
Download the "My school counselor helps me be better by..." sign

Show appreciation
Download the "Thank you (insert school counselor's name) for (share something learned/gained from working with your school

Be the Change in the World
Download the "Better humans are..." sign

Send your completed sign(s) or a picture of you and your sign to Ms Rhinehart to be featured in our next newsletter.

NCCA COUNSELING WEBSITE

Remember to check out our website and to bookmark it. We update our website with new information often. So there may be something new today!

Our web address is:
<https://kyerkie7.wixsite.com/nccacounseling>.

We are always adding and improving our website. If there is something you think that should be there and it isn't please let us know.

Remember to check out the "What's Happening" section to keep up to date with any important dates that we would like our students to be aware of. Also, there is an events page that links to our NCCA School Counseling calendar.

The most important thing on our website is counselor contact information. You can find all NCCA counselors listed with contact information on our website.

Please check out the NCCA School Counseling website and let us know if you have any questions.

Middle School Lunch Bunch
Every Wednesday at 11:30
starting 1/22/20 in
Ms Rhinehart's LL Room

Organize for Success
LiveLesson
Elementary - 1/23 at 10:30 am
Middle - 1/29 at 10:30 am
Ms Rhinehart's LL Room



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
-----State Testing - EOCs & CTEs (HS Courses)-----						
19	20 No School	21 No School	22 Middle School Lunch Bunch 11:30	Organize 23 for Success LL Elementary 10:30	24	25
26	27	28	Organize 29 for Success LL Middle School 10:30 Middle School Lunch Bunch 11:30	30	31	



Onjerya (Kem) Gilmore
Dean of Students

Google Voice 919-537-9750
Office 984-213-6614 ext 1013



Twala Timmons
School Social Worker

919-355-8230



Janice Harris
Lead Counselor

919-283-9490



Candi Rhinehart
Counselor, Grades 6 - 8

919-283-9321



Kemberli Mayo - Counselor
Grade 09 -12, Last Names A - D
910-236-9101



Paul Harvey - Counselor
Grade 09 -12, Last Names E - J
919-589-7345



Kelly Sadler - Counselor
Grade 09-12 Last Names K - Q



Nicole Leto - Counselor
Grade 09-12, Last Names R - Z
919-725-8510