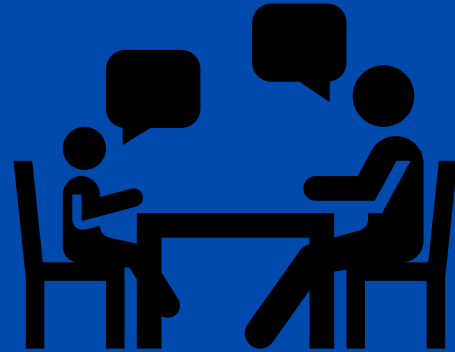


Counselors Bulletin

Dan River Middle School February 2023

Message from your school counselors

Happy new year from your school counselors! We are excited for the second semester. February in particular is a very fun month because it is kindness month and we will be celebrating with various activities throughout February. We are also preparing students for SOL testing that is on the horizon. In addition, we are planning for the next school year and will be working with students on their schedules.



SEL Highlights

Middle school can be a stressful and trying time for many children; they are experiencing a full range of feelings at this age.. Kindness is a protective factor, meaning it can help students experience positive emotions and feel connected to their peers. Not only does doing kind things for others help those around us feel good, it helps us feel good as well. There is a chemical reaction in our bodies when we are kind to other people. It increases our feelings of connection and there is no surprise that that would be beneficial to a middle schooler.

Kindness week at DRMS

Kindness week here at DRMS is February 13th-February 17th. Of course, we as school counselors promote kindness all the time but this month gives us an opportunity to really build those skills with students. During kindness week, we have spirit days planned as well as kindness "challenges" that will encourage students to do kind things for others.



Important Dates

SPIRIT/DESS-UP DAYS

Monday Feb 13th- "Team up for kindness" Wear sports team attire

Tuesday Feb 14th-
"Have a heart for kindness" Get inspired to show kindness and wear
RED

Wednesday Feb 15th-
"Peace Love & Kindness"
Wear Tie-Dye

Thursday Feb 16th -
"Kindness Shines" Wear neon or glitter/sparkles

Friday Feb 17th- "DRMS Kindness day" Wear DRMS school spirit

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