

The Counseling Connection

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Dear DRMS Parents & Guardians,

Welcome back!! It feels so great to see the halls filled with students again. I hope everyone had a restful and relaxing summer and is ready for a wonderful school year. We still have a few mandates to follow, but we are focusing on the positives, which the number one being that we are back in school all to-

gether again finally! As always, your children's safety is our top priority and we are taking the necessary steps and precautions to ensure that DRMS is a safe place to learn. Masks must be worn at all times and students must com-



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ply with the rule of remaining socially distant by 3 feet. Please don't hesitate to contact with any concerns you may have.

You are much stronger than you think you are. Trust me.
- Spiderman

Super Hero Theme for 2021/2022 School Year

Each year DRMS administration comes up with a theme that is embedded into lesson plans, bulletin boards, and the overall atmosphere of the school. Mr. Knick picked an excellent one this year because students and faculty have shown what it means to be true superheroes. Teachers worked tirelessly to provide the best education possible in unique circumstances. But, the students are the real all-stars. They survived AND thrived in one of the most difficult years of their lives. We are so proud!

New Year = New Changes

Until further notice, DRMS will have one school counselor, Mrs. Frannie Uitto. Don't worry, though, we have the most amazing intern joining our team at the end of August and she is ready to jump in and help wherever we need her. Together, our focus will be working with students transitioning back to school and cre-

ating a safe environment to work through any issues that may have occurred as a result of COVID-19. Getting your children where they need to be academically is very important to us, but so is working through any social and emotional trauma that some of



them have endured as a result of the pandemic.

Meet Mrs. Uitto

Hi and welcome to my 4th year at DRMS! I love working with your children and am honored that you trust me with some of the toughest years of their lives. I have always had a strong love for middle school and strive daily to

help students through the many obstacles they will face. I am married with two children and one wild little puppy! When I am not working I enjoy reading, running, and spending time outside with my family.

Educating the mind without educating the heart is no education at all.

- Aristotle

Meet Mrs. Chandler

Hello, my name is Terieka Chandler. I am a student at Liberty University pursuing a degree in School Counseling. I will be interning here at Dan River Middle School for the Fall semester. A little background about myself, I

graduated from Dan River High School, and I consider myself back at home. If you are a Wildcat, you know the saying, "Once a Wildcat, always a Wildcat." I am a wife and a mother of a 3-year-old son. When I am not working,

I enjoy spending time with my family and going to the spa. I am excited to be here at DRMS and committed to assisting each of the students as they journey on their path to success.

What is this newsletter anyway?

This newsletter is used as a way to reach out to parents to share tips & tricks for handling middle school age students, informing parents of upcoming events or important dates to re-

member, and a place to connect and work collaboratively with parents. It is my belief that students are most successful when they have consistent support between both home and

school. I want to hear from you, so please reach out with any questions, comments, or concerns!

When should I contact a school counselor?

There are no wrong reasons for contacting your child's school counselor, so please do not hesitate to reach out! I can help with your child's anxiety, their stress, or even if they are feeling overwhelmed and sad. I can also help with scheduling issues, as well as address changes. If something just doesn't feel right about your child and you

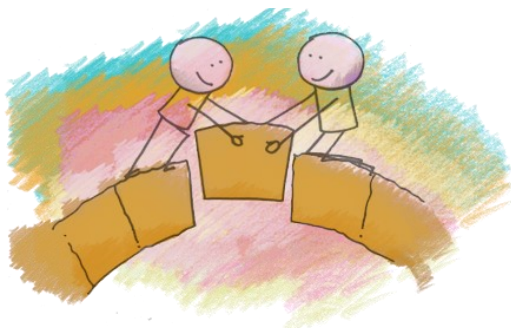
are concerned for any reason, then that is reason enough to call and discuss what is going on. Making a faculty member aware of any issues can be so helpful and can really be the key to turning things around for some children. As Mr. Knick always says,

"We can't fix what we don't know about." I am here to help and want to help, so please contact for any reason!

2021 Counseling Goals

My goal is to make this a happy and healthy school year for your child. I plan to be more involved in the classrooms and plan to work collaboratively with teachers and administrators to ensure

that your child's social and emotional needs are being met. The pandemic mentally hit students hard and now is the time to begin rebuilding what was lost last year.





Questions?

Please reach out if you have any questions or would like more information about the support we offer here at Dan River Middle School to ensure success for all students.

Dan River Middle School- 434-822-6027
Frannie Vitto- frances.uitto@pcs.k12.va.us

Middle School Parenting Tip #1

Let them deal with it!

Try not to shield your child from failure. Kids need to learn to deal with disappointment. If your child does poorly on an assignment, regardless of the reason why, they need to deal with the consequences. Your child will never learn resilience if you shield them from every bump in the road. You definitely want your child to be resilient! Life is not always perfect or easy and they have to be equipped to handle the hard. If they never get to experience failure now they will never be able to handle it later. Holding your child accountable for their actions (good and bad) is the best gift you can give them.

