

The Counseling Connection

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"In a world where you can be anything, be kind."

Dear DRMS Parents & Guardians,

February is always such a positive month, especially since we celebrate Random Acts of Kindness day on February 17th. We will have a schoolwide door-decorating contest focus-

ing on being kind and we will also spread kindness throughout the month with different activities. This newsletter will focus on how we



support and encourage students to make good choices and be kind at DRMS.

Choose Kindness

Why is being kind so addicting? Did you know that you release endorphins that boost your serotonin leaving you with a satisfied feeling? It is why we innately enjoy doing good for others. If you

have a child that is stuck in a funk, encourage them to do something nice for someone else. Even the simplest acts of kindness can bring about the biggest rewards. Being kind

allows students to relate to others and have positive relationships. Even the worst day can be turned around by one random act of kindness.

Door-Decorating Contest

Every month the counseling department is focusing on one theme. This month's theme is Throw Kindness Around Like Confetti. We have multiple activities planned surrounding this theme, but one of the ones we are most excited about is the schoolwide door-decorating contest. Each classroom will decorate their door

based on the theme for this month. On February 20th we will have three judges come around voting on the top three winners. There will be a reward for the first, second, and third place winners. We are so excited to see what students create!



Throwing Kindness Like Confetti

Every Friday this month the counseling department is going to allow opportunities for students to show kindness throughout the school and within the community. We have quite a few ideas up our sleeves, but some of the ones we are most excited

about are sending cards to nursing homes, kindness bingo, creating encouraging messages for bathroom stalls, & sharing sticky notes of kind words on our classmates' lockers. We are hoping these simple activities will spread the love and im-

***"No act of kindness,
no matter how small,
is ever wasted."***

- Aesop

prove the overall school environment.

Counselor Meetings

In an effort to support students when they make bad decisions and promote a positive atmosphere at DRMS, the counseling department will be meeting with those students that are struggling with their discipline. We find it very important to listen to how every child feels

in the midst of a conflict and then discuss ways to properly handle it going forward. We believe strongly in teaching empathy and supporting students in making kind decisions and treating others the way they want to be treated.



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Working Together

Practicing acts of kindness at home can reiterate what we are teaching here at school. If you have siblings in the home that do not get along, create opportunities where they are forced to complete random acts of kindness towards each other. Maybe you are having trouble going a day without arguing with

your student. Try switching the focus to something positive and challenge yourself to show a random act of kindness to them instead. Something as simple as a little note in their pencil pouch or book bag or lunch box could make the biggest difference in their day and in your relationship.



Check-In/Check-Out

Another way we support students at DRMS and support the idea of being kind and thoughtful is through our Check-In/Check-Out (CICO) program. Students that are struggling building relationships, struggling behaviorally, and even struggling academically qualify for this program. Your student is paired with an adult in the

building with the focus on goal-setting and encouraging students to handle situations appropriately and positively. If you would like your child to be a part of this program, please contact the counseling

office and we will get your child set up!



Not Feeling It?

Sometimes we just aren't feeling kind or happy. And, that is okay! We need to normalize not always feeling great. Our students are human and sometimes they just aren't feeling the best. How-

ever, if you feel like your child is stuck in a rut and can't seem to get out of it, please contact us or encourage your child to come talk to us. We may be able to help them navigate the tough time

they are having and find a bright spot in this chaotic and stressful world we live in right now!



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.

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Middle School Parenting Tip #7

Registration for classes next year is on the horizon! Start talking to your student about what classes they want to take next year, especially if they are going into 8th grade. This is the time to consider taking a foreign language and really personalize their exploratory classes. We will use online registration again this year with our rising 7th and 8th graders and will have paper copies for our rising 6th graders. If you have a rising 9th grader you can expect information from the high school about their process. We are here to answer any questions!

