

# The Counseling Connection

## In this Issue:

Positives	1
Summer Plans	2
Next Year	3
Parenting Tip	4

## Dear DRMS Parents & Guardians,

I can't believe another year is almost behind us. We are all so proud of how hard students worked to overcome the insurmountable obstacles they faced this year. This year has

been harder than the COVID year in many ways and we have so much to celebrate as we close out this school year! There were a lot of great



moments this year and I am personally proud of the students for all they achieved.

*"Keep looking up...that's the secret of life." - Charlie Brown*

## Focusing on the Good

It is natural to fixate on what went wrong this year. I know anxiety was at an all time high and academic gaps made school very hard for some. Some really struggled transitioning coming back to school with all the new protocols and demands thrown our way. BUT, there were

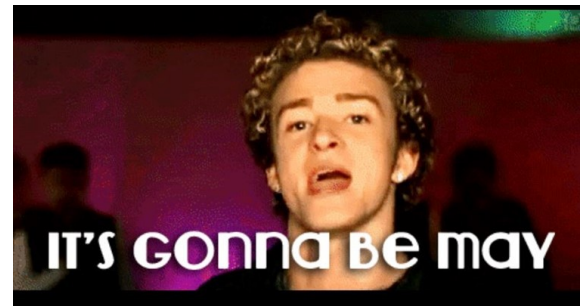
still A LOT of GREAT things happening that we just can't overlook. Behind all the stress, so much good was happening at DRMS. We 'stomped' out bullying in October and had great success with our Bully Boxes made by our AG stu-

dents. We spread kindness throughout the school in the form of one simple sticky note that left a big impact. We had fun with the Minute-To-Win-It games and we had 25 students successfully graduate from CICO!

## The Month of May

We have quite a few fun things planned as we head into the final lap of school. After SOLs wrap up, we will have a field day on May 23. Thanks to our wonderful PTO we will have bounce houses and video gaming trucks we

think the students will thoroughly enjoy. Following a fun field day, grade levels will conduct their graduation ceremonies. Sixth grade will be on May 24, seventh on the 25th, & eighth will finish



up on May 26th, followed by a half day for the last day of school.

## Summer School & Other Summer Info

Summer school will be conducted a little differently this year. It will be a full day (8-3:30, M-Th) with one week in June focusing on English and one week in July focusing on Math. The dates are as follows:

- ◇ English– June 6-9
- ◇ Math– July 11-14

If your student fails either math or English, summer school is **recommended**. If your student fails both

math and English or fails math or English and another subject area, summer school is **required**. If you need an extra summer school form, please contact the school. Bus transportation is provided and Mrs. Bunn will be acting as our site principal during these two weeks.

Please do not look at summer school as a bad thing if your child is required. Its purpose is to help and can truly be a positive experience!

***"It always seems impossible until it's done."***

## Summer Bucket List

Summer is just around the corner and I am always partial to it because the energy just feels different. School stress is lifted and excitement for the new, fresh start is on the horizon. Take the time this summer to make a summer bucket list of all the things you want to do. You won't hit them all, but it is a fun way to make summer more

exciting and a great way to spend time together. Some ideas to share:

- ◇ Pick Strawberries
- ◇ Go to the movies
- ◇ Have a water balloon fight
- ◇ Get ice cream



## Fresh Start

**The best part of ending a school year is realizing that the next school year is officially a fresh start for everyone. Whatever happened this school year is in the past and forgotten. Students change so much over the summer in all grade levels and when they return they arrive with a clean slate. The issues and**

**problems from the year before do not carry over. Teachers do not hang on to mistakes and hardships. Reassure your student that we are not keeping score on who did what the year before. Your child will have a new set of teachers and a different set of classes with different classmates. Oftentimes we see**

**students mature and change over the summer. Support these changes and take the time over the summer to talk them about the mistakes they want to leave in the past. Talk about the changes they want to make for the next school year, goals they have, and what they are looking forward to in 2022-2023.**

## What's Next?

Being in the field of education, I am always looking for how we can improve and be even better next year. Mrs. Chandler and I have a lot of fun ideas up our sleeves for the direction counseling will be taking at DRMS. Here is a tidbit of what is to come:

- \* Group Counseling
- \* Girls' Club
- \* Boys' Club
- \* Classroom lessons on social and emotional learning

- \* Parent workshops
- \* Contests & Pizza parties!



## Working 9-5

**Or actually 8-3 :) Counselors do have the benefit of working through the summer, so if your child needs support or if you have any questions, please do not hesitate to contact the school. Mrs. Chan-**

**dlar and I are trying to align our schedules so that at least one counselor will be here each day of the summer so that we can help with registrations, class schedules, and any other support need-**

**ed. We take pride in our work and know the issues don't stop just because school is over. Students and parents are encouraged to reach out to us over the summer if they need us.**



## 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](mailto:frances.uitto@pcs.k12.va.us)

Terieka Chandler- [terieka.chandler@pcs.k12.va.us](mailto:terieka.chandler@pcs.k12.va.us)

## Middle School Parenting Tip #10

*May 26th is the last day of school, which should be celebrated! I am a very big advocate for enjoying down time when it is deserved and your student deserves to have a restful summer vacation. However, there is merit in keeping some sort of schedule. Students don't need a strict schedule like they have during a school year, but giving students a daily task or a plan each day can help keep students in a routine, which will make coming back to school in August that much easier! ;O)*

