

Counselors Bulletin

Dan River Middle School December/January
2022

Message from your school counselors

First semester is over and we are half-way through the school year! It is hard to believe. December is a very short month for students, but there is no shortage of things to accomplish. We have many things going on this month as a school: performances by choir and ukulele club, a talent show, a behavior pep rally and winter growth testing. When we come back in January, it is the start of a new year and new semester. For December and January, the newsletter will be combined. We wanted to combine these bulletins because our focus on motivation will be how we end the year and start the year!



SEL Highlights

This time of year, we see that students are not as motivated as they were at the start of the school year. Not only have students been working hard for the past several months, they are also juggling their friendships with their peers, more extracurricular activities and possibly more responsibilities at home. For us as counselors, one of our jobs is to help students find reasons to be motivated and stay motivated to achieve their goals.

**The journey of a thousand miles
begins with a single step
-Lao Tzu**

Where does motivation come from?

Students must not only be motivated by external reasons, or extrinsic reasons, but they must also be motivated by an internal push, or intrinsic reasons. It is great for students to earn rewards and be motivated by prizes, good grades and positive reinforcement. But they also must have their own reasons and aspirations to do well.

Connection to home and school

There are many ways to motivate your child to stay focused as we close this year and go into the new year. One way is to help them highlight everything they have accomplished so far this year, whether it be academically, behaviorally, or both. When students know that they are doing well, it can be easier for them to see the light at the end of the tunnel, shall we say. Additionally, middle school is a time where students are becoming more independent but they still need structure. One of the ways to create this structure is through setting goals and taking specific steps to reach that goal, with the help of trusted adults at home and school.

What can the school counselors do?

We, as the school counselors, feel honored that we get the opportunity to work with your child here at school. If you feel like your child is struggling and needs an extra motivation boost, please encourage them to come see us in the counseling office. We can help them create goals, review their grades with them, brainstorm with them, the list is endless. We are here to help!



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