

Counselors Bulletin

Dan River Middle School October 2022

Message from your school counselors

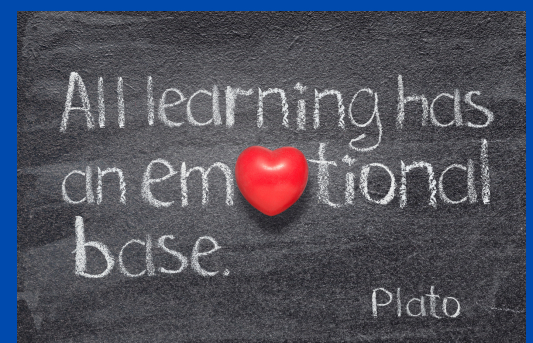
The school year is flying by! It is hard to believe we are already in October and the 2nd six weeks. We want to reiterate to parents that we are a resource for your students. We are here to assist and support your child through their middle school years.

Often times, children feel comfortable to tell their parents about something that is going on at school but won't come talk to us. Encourage your child to come speak to us if anything is going on at school that we should be aware of. We also enjoy good news! We love hearing about student's success. Additionally, if you would like to speak to us directly, don't hesitate to call.



SEL Highlights

October is Bullying Prevention month and we will have activities planned for the month of October to bring awareness to bullying and how to stop it. All students should feel safe and included at school and creating a welcoming and supportive environment is one of our top priorities. As a school team, we value each and every student and strive to equip them with the skills to be supportive and kind not only to themselves but to their peers.





How to Identify Bullying

Bullying is very prevalent in the middle school years. Bullying can take form in many different ways, including physical, verbal, social or even over electronic means, known as cyberbullying. Bullying is when someone repeatedly and aggressively acts in a way towards someone of less power and causes harm. Some of the warning signs of being bullied may be decreased self-esteem, physical symptoms, such as a stomach ache, or major decline in grades.

Other Important Dates

Monday Oct 17th: "Pink Out Day" Wear Pink for Breast Cancer Awareness

Wednesday Oct 19th: "Unity Day"
Wear orange to show UNITY for kindness, acceptance and inclusion and to send a visible message that no child should ever experience bullying

Parent Reminders:

You're now the parent of a child in middle school. It's the transition from childhood to adolescence—when children become more independent and want to make choices for themselves. They are also in a developmental period when friends and social circles are increasingly important. And it's the time when children can experience bullying most.

As a parent, you are your child's number one protector. It's up to you to recognize the warning signs of bullying. Not all children show warning signs, but if you notice anything out of the ordinary it might be that they're being bullied.

Red Ribbon Week

We recognize Red Ribbon Week every year here at Dan River Middle. Red ribbon week is a national drug prevention campaign that is centered around educating students on being drug-free. To bring awareness to Red Ribbon Week and being drug-free, we will have a spirit week

October 24th-October 28th. The spirit day themes are below:

Monday Oct 24th: "Proud to be Drug Free" Wear **Red** to kick off Red Ribbon Week

Tuesday Oct 25th: "Peace out to Drugs" Wear Tie Dye

Wednesday Oct 26th: "Team up against Drugs" Wear favorite sports team

Thursday Oct 27th: "Too bright for drugs" Wear neon colors

Friday Oct 28th: "Our school chooses to be DRUG FREE" Wear **school colors**



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