

Counselors Bulletin

Dan River Middle School | November 2023

Message from your school counselors

We celebrated Red Ribbon Week the last week in October. We had several activities planned to bring awareness to living a drug free and healthy life. We had several students show their leadership skills and read morning announcements. We had fun dress up days to show to support for the cause. There was also a pledge signed by students and made into a beautiful chain to display. It is exciting to see students take part in these kind of activities and for us to be able to educate students on the importance of their health and choices.

SEL Highlights

We have been seeing a lot of issues around social media. We live in a time of media usage and our children are trying to navigate this. As the adults, we have to talk with them about social media, how they use it, and the pros and cons. Children don't always understand the consequences and dangers of technology so we must ensure that they are safe and educated.

Social Media and Middle School Students

Students at this age are trying to figure out who they are and where they fit in. Social media can just add to that pressure. Kids will compare themselves to their peers on social media, gossip, share information and can be negatively impacted by these platforms. Their brains are still developing; it can be difficult for them to filter all of that information and make sense and cope with the things they see and hear on social media. It can give them unlimited access to information that can really impact them, even here at school.

What can you do?

One of the biggest things you can do is talk with your child about social media if they have it and make sure you know what they are doing.

Additionally, monitor your child's usage of those platforms. Responsibility and safety is key to making sure our young children are protected in this digital age. Children need structure with online access and need guidance on how to make good choices and be educated users of technology.

One last thing

As counselors, we care for each student and want them to be successful at school and in life. Please do not hesitate to reach out with concerns for child and encourage them to come talk to us if they need additional support at school.



CONTACT INFORMATION:

DAN RIVER MIDDLE SCHOOL: (434) 822-6027

TERIEKA CHANDLER: TERIEKA.CHANDLER@PCS.K12.VA.US

HANNAH WALKER: HANNAH.WALKER@PCS.K12.VA.US