

Counselors Bulletin

Dan River Middle School November 2022

Message from your school counselors

Last month we recognized bullying prevention and drug prevention. All month long, we had activities focusing on bullying awareness. We celebrated Red Ribbon week, where students took a pledge against bullying and drugs. It was awesome to see so many students involved to stand up against these two important issues. One of our favorite things was having students sign our Red Ribbon Week banner and hear their excitement to take part in that. As counselors, it makes us so happy to know that we have such a supportive and caring community of students.



SEL Highlights

This month we are focusing on gratitude. As counselors, we are always looking for ways to help students feel better about themselves as well as be able to understand their own actions and feelings. Gratitude does this in many ways. Gratitude can be summed up into 4 major pieces: noticing, thinking, feeling and doing. During the month of November, there will be opportunities for students to practice an ATTITUDE of GRATITUDE.



What Dan River is doing to support others and show gratitude

Not only is gratitude about appreciating what we have, but it is also about supporting others. This month, we are having a canned food drive for the holiday season. Students can donate 5 canned goods and participate in a student-wide dodgeball tournament.

Parent Tips on Gratitude

Research supports the practice of gratitude and it has amazing effects on the mental health of a child. There are several things you can do at home with your child to foster this part of their development. As a family at dinner time, each person can share one thing they are grateful for that happened that day. Modeling appreciation is another great way to show children how to exercise gratitude.



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