

# Counselors Bulletin

*Dan River Middle School | October 2023*

## **Message from your school counselors**

We are quickly approaching the 9 week mark in school! Students have gotten into the groove of the new school year. If your student is in need of extra support or needs to speak to one of us, please encourage them to come see us. We can talk to students about a variety of things in order to help them be successful here at school.

Additionally, if you have any questions or concerns, please reach out to us.

## **Bullying Awareness Month**

Bullying takes place at high rates during the middle school years and can take many different forms. Bullying is when someone acts in a harmful, aggressive way repeatedly towards a person with less power. Both the person doing the bullying and the victim of bullying need support. Being bullied can have a very negative impact on a child, including losing interest in things, drop in self-esteem, difficulty concentrating or becoming withdrawn. At school, we take bullying very seriously. We talk with students about the impact of bullying and how not to be a bully. It is important for parents to be involved in these conversations. Ask your child about their friends and their school day. Please talk with your child about bullying and help them understand what it is and how to stand up against it.

# Red Ribbon Week

Red Ribbon Week is a special week at Dan River Middle School. Red Ribbon week is a national campaign that brings awareness to being drug-free and empowering students. In the spirit of bullying prevention month, we will also celebrate anti-bullying awareness that week. We will have spirit dress-up days for Red Ribbon Week the week of October 23rd-27th.

## Red Ribbon Week Spirit Days

**Monday 10/23:** Double/Triple/Group up against drugs & bullying (Dress Like your Friends)

**Tuesday 10/24:** Give Drugs & Bullying the Boot (Western Day)

**Wednesday 10/25:** Ready to be Drug & Bully Free (Wear Red)

**Thursday 10/26:** Being Drug Free is NO SWEAT (Wear Sweatpants, dress comfy but in Dress Code)

**Friday 10/27:** Drugs will haunt you (Wear Orange & Black)

## CHECK IN/CHECK OUT

Check- In/ Check-Out is a program that we have here at DRMS to provide one-on-one mentoring to students. Students are matched with an adult in order to receive academic and/or behavioral support. Together the student works with their mentor to set goals and when students accomplish their goals, they earn rewards. Students can benefit greatly from this form of relationship building and accountability. Please let us know if you would like for your child to participate in this program.



### CONTACT INFORMATION:

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