



MAURY RIVER MIDDLE SCHOOL

NEWS FROM THE
COUNSELING DEPARTMENT

Hello Eagles!

Ms. Beard and Mrs. Paxton

Welcome Spring! We have made it to March everyone! Spring Break will be April 3rd through 7th. SOL testing will start beginning in May.

All Course requests have been completed for all grade levels. **If your child is in 8th grade** - please contact RCHS at 540-463-5555 to make changes. **If your child is in 6th or 7th grade or will be attending MRMS in August** - please contact the MRMS counseling office at 540-463-3129.

Parents, please remember to contact the school if your child is sick or will be out due to a doctor's appointment. You can contact us at (540)463-3129 and leave a message if you are unable to reach us.

We're so glad you're here!

Dates to remember:

April 3rd - 7th Spring Break
April 7th - Admin offices closed
April 13th - NJHS Induction
April 18th - Interim's go home
May 1st - SOL testing begins
May 10th - 19th - SOL Make up and expedited retakes
May 11 - Spring Band concert
May 19th - Dance
May 23 - 25 - 2 hour early release
May 25th - last day of school

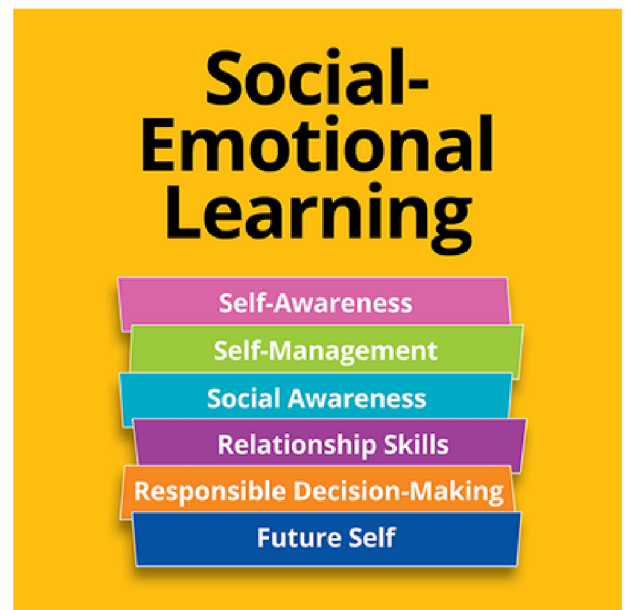


Social/Emotional Learning

Here are some specific steps you can take to nurture an emotionally intelligent child:

- Be a good listener
- Model the behavior you seek
- Nurture your child's self-esteem
- Take advantage of support services

Additional resources can be found through this link:
<https://casel.org/systemic-implementation/sel-with-families-caregivers/>



Tips For Anxiety During Times of Crisis

IDEAS FOR PARENTS:

- Explain the incident in age appropriate language. Start by asking what they already know about what is happening.
- Be available to support your child with their feelings and fears.
- Stick to the normal routine as much as possible.
- Limit your child's exposure to adult conversation about the topic. This includes the news if applicable.
- Allow your child to see you handling your own anxiety in a positive way.
- Talk to children about your plan to keep them safe.

WHAT TO SAY:

- "How are you feeling?"
- "I know this is hard for you. How can I help?"
- "Here is what we are going to do to stay safe..."
- "Let's come up with a plan."
- "Would you like a hug?"
- "I'll keep you updated when I find out more information."
- "I'm here for you."

WHAT NOT TO SAY:

- "This isn't a big deal."
- "We don't know how bad this will get."
- "I don't want to talk about this any more."
- "Nothing is going on. Everything's fine."
- "I don't understand why you are acting like that."
- "I don't know how we'll get through this."

IDEAS FOR CHILDREN:

- Start a gratitude journal. Gratitude is a great way to combat anxiety.
- Practice deep breathing.
- Write or draw pictures about how you feel during this time.
- Remember that how you are feeling is okay!
- Find activities that help you feel calm like reading, drawing, exercising, or connecting with friends.
- Remind yourself that you are safe.