



MAURY RIVER MIDDLE SCHOOL

Welcome Back Eagles!

Ms. Beard and Mrs. Paxton

Welcome to our newest Eagles and welcome back to our old friends! We hope to make this newsletter a quarterly practice, and will be uploading on the MRMS Website. This edition will include introductions to your school counseling team as well as some helpful information for parents.

We're so glad you're here!

Ms. Beard & Mrs. Paxton

NEWS FROM THE
COUNSELING DEPARTMENT

Dates to remember:

Tuesday, Aug 16 - First Day of School

Monday, Sept 5 - No School

Wednesday, Sept 14 - Interims

Friday, Sept 23 - No School/Teacher Work Day

Monday, Oct 17 - No School/Teacher Work Day

Tuesday, Oct 25 - Report Cards

Here are some coping skills to try when you're feeling overwhelmed:

*Name 5 things you can see
Name 4 things you can touch
Name 3 things you can hear
Name 2 things you can smell
Name 1 thing you can taste*

Ask for a break

Squeeze a stressball

Come see your counselor!



Meet your school counseling team!

Mrs. Raegan Paxton joined MRMS in January 2022. She is assigned students with the last names beginning L through Z. She received her Master's in Social Work from Concord University, and is working toward her Master's in School Counseling through Liberty University. Mrs. Paxton previously worked at Rockbridge Area Community Services as a Therapeutic Day Treatment Clinician. She and her husband recently became a family of 3 with the arrival of Maddox James. Outside of school, Mrs. Paxton enjoys riding horses and spending time with her family and friends.

Mrs. Paxton is available by email at raegan_paxton@rockbridge.k12.va.us or by calling the main office at 540-463-3129.

Ms. Tori Beard joined MRMS in July 2021. She is assigned students with last names beginning A through K. She received her Master's in School Counseling from Liberty University. She spent 6 years as a Case Manager at Rockbridge Area Community Services before coming to Maury River. She loves Halloween and spends her days outside of school with her dog, Hugo, and spending time with friends and family.

Ms. Beard is available by email at tori_beard@rockbridge.k12.va.us or by calling the main office at 540-463-3129.



Mrs. Paxton with her husband.



Ms. Beard with her boyfriend.

Ms. Donna Chism is the Counseling Office secretary, attendance coordinator and registrar. She has been with MRMS for 12 years, and it will be her 26th year with Rockbridge County Public Schools! Donna has two grown children and two grandchildren, and that keeps her very busy!



Success Tips for Parents

1. Encourage routines
2. Help your child stay on track
3. Encourage organization
4. Be involved
5. Monitor school progress
6. Provide support
7. Set limits
8. Communicate with your child

12 Home Activities that Build Social Emotional Skills

