



# MAURY RIVER MIDDLE SCHOOL

## Welcome Back Eagles!

We hope you've gotten back into the swing of school. We completed a Needs Assessment with students in September to discuss what discussion topics they would like to participate in this year. We plan to have at least 3 small counseling group opportunities this year for students to participate in.

We're so glad you're here!

Ms. Beard & Mrs. Paxton

NEWS FROM THE  
COUNSELING DEPARTMENT

### **Dates to remember:**

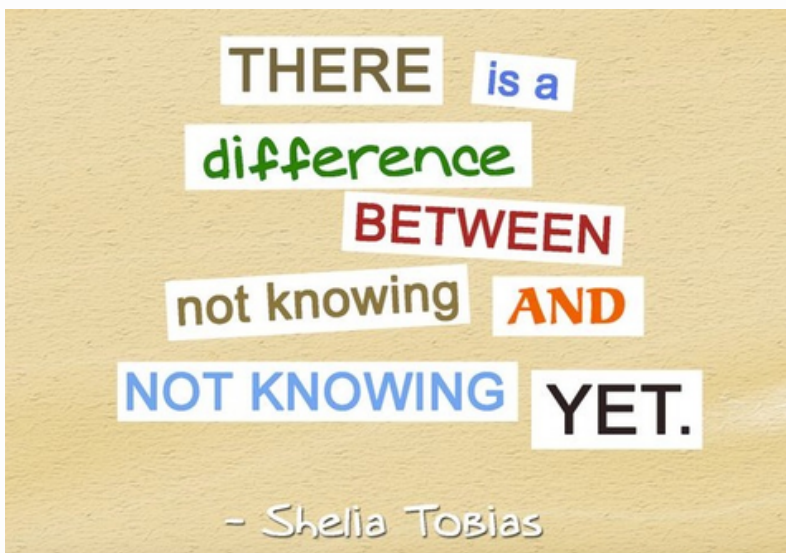
October - Youth Achieving Success  
afterschool program begins  
Fri, Oct 14 - Nine Weeks Ends  
Fri, Oct 14 - 6th Grade Fall Dance  
Tues, Oct 25 - Parent Teacher  
Conferences 3:30 - 7:15pm  
November 9th - Mrs. Paxton  
returns!  
Tues, Nov 23 - Fri, Nov 25 -  
Thanksgiving Break

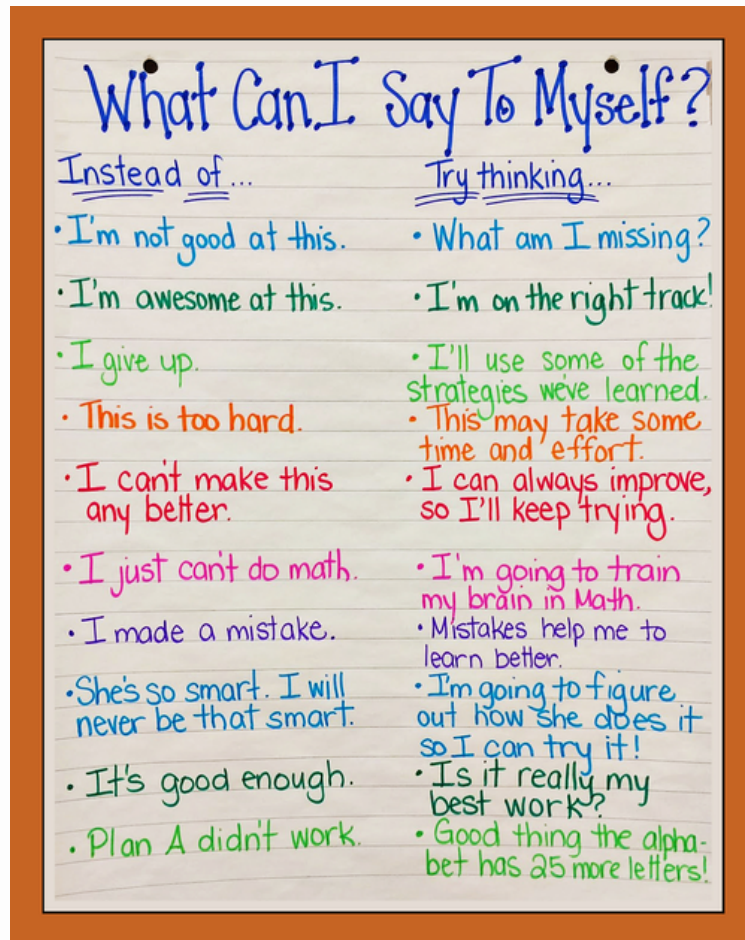
### **Contact us!**

Please feel free to reach out to us for any concerns. You may call 463-3129 and ask for the counseling office or you can reach us by email!

### **Notes on Growth Mindset**

- Recognize your strengths - write down things you are good at or enjoy about yourself.
- Practice in the mirror or leaving yourself positive notes where you can see them daily!
- Just because you can't do something right now, doesn't mean you'll never learn.





## Local Resources

- *Rockbridge Area Community Services - mental health and substance abuse services 540-463-3141*
- *Rockbridge Health Center- Primary care, mental health, dental services 540-464-8700*
- *Rockbridge Area Social Services - 540-463-7143*
- *Project Horizon (domestic violence shelter & support - 540-463-7861*
- *Food Assistance - 540-463-6943*