

GUIDELINES

October 2023

SAVE THE DATE!

Click on each event for more info



Wellness Wednesday: Community Yoga!

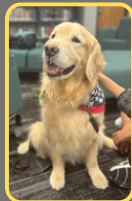
Wednesday, October 4th, 7-7:45 pm

How to Help Your Child Balance Social Media & Tech

Wednesday, October 11th, 6:30-7 pm (virtual)

Therapy Dogs

On September 18th, RDMS welcomed back our therapy dogs. Research consistently shows the positive impact of therapy dogs, noting their ability to reduce stress and anxiety levels, improve concentration, and enhance emotional well-being.



The dogs will join us again on October 23rd!



Wellness Wednesdays

We are excited to share the start of Wellness Wednesdays! These sessions will be held on 5 Wednesday evenings throughout the year and offer all members of the community a range of wellness resources and activities. Our first session, Community Yoga will be held in the high school gym on October 4th at 7 pm.



Week of Respect

The Golden Rule emphasizes treating others the way we want to be treated. To honor this rule and culminate our Week of Respect, we would like everyone to wear gold on Friday, October 6th!

Anti-Bullying Banner Contest

River Dell Middle School will be hosting our annual Anti-Bullying Slogan/Banner Contest. During select classes, students will work in groups to create a slogan and a banner design that promotes anti-bullying awareness, empowers students to take a stand against hurtful physical and emotional behavior, and encourages a safe environment for all. The winning design will be made into a banner and displayed in the school's hallway.

The Social Institute

The Social Institute (TSI) is a national leader in curriculum designed to equip students to navigate the complex intersection of well-being, social media, and technology.

At a time when students spend many hours a day on digital devices, and cyberbullying and damaging posts are common, TSI equips students to make positive, healthy, and high-character choices that fuel health, happiness, and success.

During RD 101, 7th grade students will engage in TSI's comprehensive program called #WinAtSocial which promotes character, empathy, teamwork, and other important life skills.

Our Staff

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