

GUIDELINES

October 2025

UPCOMING EVENT

Out of Darkness Walk
 Saturday, October 4th
 Overpeck Park
[Click here for more info](#)

Wellness Wednesday: Raising Resilient Kids
 Wednesday, October 8th
 7:00-7:45 PM
[Virtual \(click to join\)](#)
[Click here for more info](#)



Week of Respect

The Anti-Bullying Bill of Rights Act designates the week beginning with the first Monday in October (October 6-10, 2025) as the **Week of Respect**. During this week, our 8th Grade Ambassadors will share quotes about respect during the daily morning announcements. To honor The Golden Rule, which emphasizes that we should treat others the way we want to be treated, we invite all students and staff to wear gold on Friday, October 10th.

Wellness Wednesdays

We are excited to kick off our Wellness Wednesday program this month! These sessions will be held on four Wednesday evenings throughout the year and offer all members of the community a range of wellness resources and activities. Our first session will feature school social worker and parent coach, Mrs. Alison Donoghue.

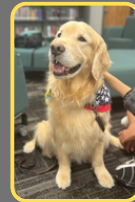
October

Counselor Lessons

Our counseling team will be visiting all 7th graders in their World Civilizations class during the first two weeks of October. In addition to reinforcing their role in supporting students, counselors will focus their lessons on our 25-26 theme of building bridges through kindness and inclusivity.

Therapy Dogs

RDMS welcomes back our therapy dogs for the 2025-2026 school year! Research consistently shows the positive impact of therapy dogs, noting their ability to improve concentration, reduce stress and anxiety levels, and enhance emotional well-being.



Our Staff

201-599-7200

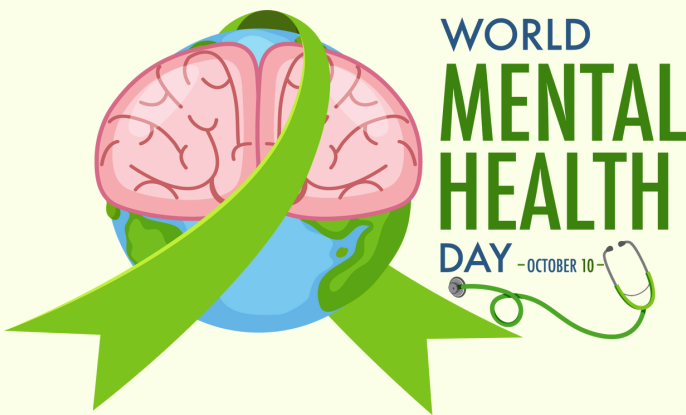
Marnie Ross
 7th Grade
 Counselor
 x7254

Demetra Binder
 8th Grade
 Counselor
 x7256

Derek Giorgio
 Student
 Assistance
 Counselor
 x7281

Erin Kirkby
 Director
 x7224

Nancy Boettger
 Admin Assistant
 x7255



World Mental Health Day highlights the importance of mental wellbeing. Did you know?

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

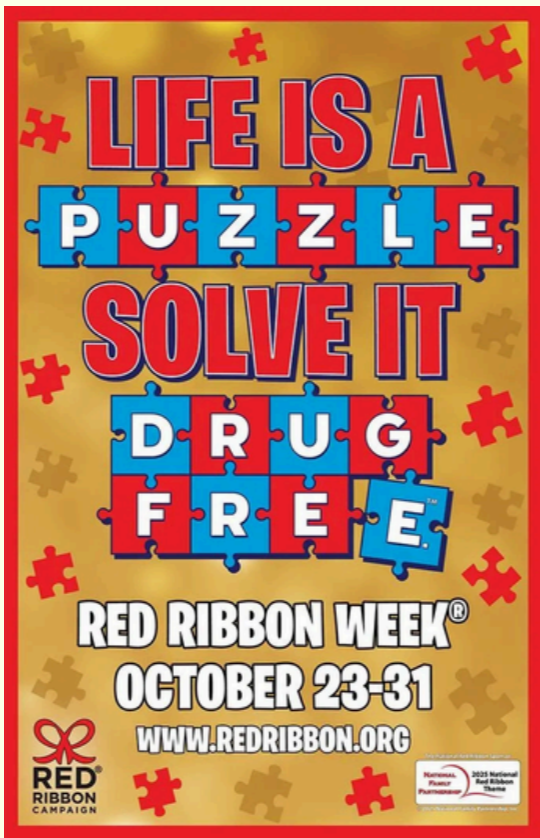
Mental health affects all of us – our families, schools, and communities – making it a shared responsibility, not a personal one. By prioritizing mental wellbeing, we strengthen resilience and create a healthier society where everyone can thrive.

Mental Illness Awareness Week, which runs from October 5th through the 11th, marks a time to raise understanding, reduce stigma, and promote hope for the millions of people living with mental health conditions.

Visit the [National Alliance on Mental Illness \(NAMI\) website](https://www.namimh.org/) for additional information and resources.

Anti-Bullying Banner Contest

River Dell Middle School will be hosting our annual Anti-Bullying Slogan/Banner Contest. During select classes, 7th grade 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.



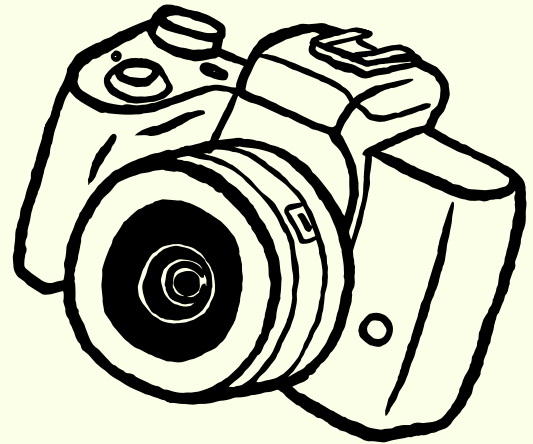
During Red Ribbon Week we recognize the harmful effects of substance abuse and promote the importance of making healthy and safe decisions. It is an opportunity for parents, educators, and communities to reinforce the drug-free messages shared throughout the year. Youth and adults around the nation pledge to increase their knowledge by learning more about the destructive effects of drug abuse, including prescription drug misuse, and renew their commitment to live a healthy, drug-free lifestyle.

At home, this can be a good time to have discussions with your student about substance use. Tip sheets to guide age-appropriate conversations can be found here:

- [Tips for Talking to Middle School Students](#)
- [Simple Ways to Build Strong, Healthy Families](#)

More support is available to help you help your student be healthy and safe and our Student Assistance Counselor (SAC), Mr. Derek Giorgio (derek.giorgio@riverdell.org) is an outstanding resource for accessing those supports.

CLASS OF...



Get Involved!

Getting involved is an important part of the middle school experience. It allows for an opportunity for students to connect with their peers and community, take brain breaks, and explore their passions.

Students are encouraged to check their email and listen to morning announcements for more information on extracurricular opportunities. To view a complete list of all RDMS athletics and clubs, please visit our [RDMS website](https://rdms.riverdell.org/o/rdms/page/counseling).

Not sure what to join? Schedule a time to talk with your school counselor!