



Just Be Newsletter

MR. DON VICKERS & MS. HEIDI SMITH YOUR SCHOOL COUNSELLORS, RECEPTION - YEAR 13

GOOD NEWS A PLACE TO FEEL THE POSITIVE *vibes* PRIMARY COMMENDATIONS + 25,345!!!! SECONDARY MERITS + 14,210!!!!

Congratulations to all the students for *INSPIRING US* and thank you to the teachers for *SEEING the GOOD!*

We are so thankful for the hard work of Year 7-9 students and homeroom tutors for piloting/providing feedback of the **AMAZING Tranquiliti App**. A very special thank-you to Ms. Amanda Ingham, Head of Key Stage 3 for making sure everything was organized and ran smoothly.

One of the **co-founders Arron John** along with the entire Tranquiliti team, have worked tirelessly to develop this much-needed wellness platform. As we see mental health struggles rise all over the world and in our communities, we have faith and hope that this APP will add another much needed level of support for our students. How exciting is this – **OUR Warwick Academy voices** have helped shape a product that will help thousands! [Read more here.](#)

As Mr. John writes below;

I just wanted to email to give you an important and hopefully exciting update regarding Tranquiliti and the pilot. After running the pilots for a term, we have received a lot of valuable feedback and learnings which have been great. We appreciate the patience that you and your staff have shown so far. We can implement the learnings from your staff and students into the service and add some exciting changes. Thank you for your support and we look forward to continuing our journey with you.

TRANQUILITI

Listen. Support. Flourish.

Tranquiliti supports whole-school, whole-child wellbeing.

We take a holistic view of wellbeing and by supporting the school climate as well as each student, we help schools to thrive.



The pillars of our approach



Use student-led data to enable proactive support.



Empower students to manage their own wellbeing.



Build capacity in all staff to support students.



Help leaders create sustained change in their school.



AARON JOHN
Co-founder: Service



GEORGE METCALFE
Co-founder: Operations

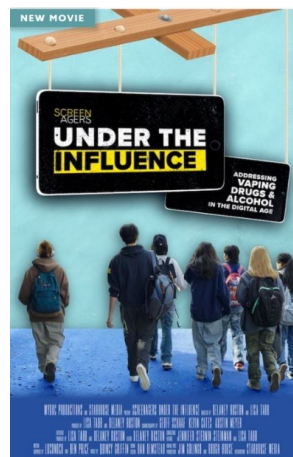
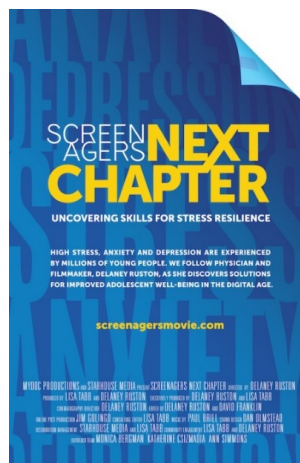


Coming in MAY

Warwick Academy will once again be joining the global recognition of **Mental Health Awareness Month**. We will be fostering open conversations with staff and students about why “mental health matters” and how to “mind your mental health”.

Be on the lookout for:

- **Minding Your Mind** Selfies
- On **May 19th** we will be hosting a whole school “**Green Grub Day**” with **proceeds going to our Student Support Services Fund**. This fund was started 6 years ago by our School Counselling Department; used to assist students and families with external support services such as occupational therapy, counseling, or psychoeducational evaluations. We will start this day with a **morning drive-by** wishing Bermuda encouragement and support.
- Fun activities for students involving **awareness, support, encouragement, and being brave**.
- A **FREE 3-week screening window** for all staff and parents and some students of 2 documentaries. Both movies are follow-ups from the same award winning director we aired last year, Delaney Ruston, MD.
- **May 5th – May 26th: [More Information here...](#)**
 - **SCREENAGERS: The Next Chapter**
 - Shown in Wellbeing to Y7-8, all parents/staff and Y7-13 students will receive a link.
 - **SCREENAGERS: Under The Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age**
 - Shown in Wellbeing to Y9-10, all parents/staff and Y9-13 students will receive a link.



Welcome to our monthly newsletter where we will keep you up to date with our school counselling initiatives and share timely thoughts and articles.

Be a lighthouse....**SHARE, TALK, GET HELP, GIVE HELP.**

Contact your doctor, trusted adult, or school counsellor for more help.

hsmith@warwick.bm or dvickers@warwick.bm

