

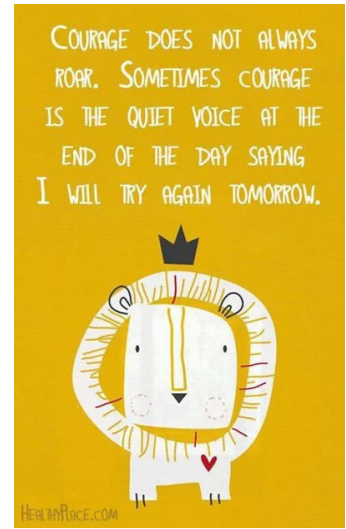
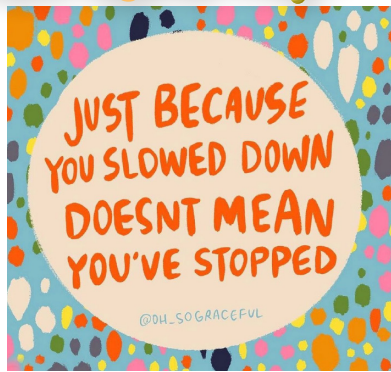


# Just Be Newsletter

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



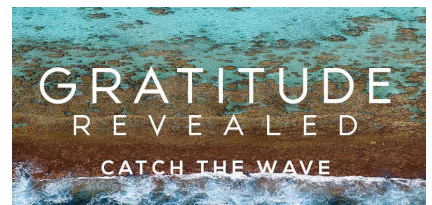
## THOUGHTS FOR THE MONTH



## GOOD NEWS A PLACE TO FEEL THE POSITIVE vibes

In the spirit of the season of gatherings, generosity, and reciprocity, think of adding this film to your festivities. This uplifting, positive film hopes to have as many people experience the power of gratitude shared in this film. [The Louie Channel](#) contains content - available free to subscribers - for cultivating awe and wonder, connection with the earth and one another, and deep introspection.

**GRATITUDE REVEALED** from acclaimed filmmaker, Louie Schwartzberg, the director of *Fantastic Fungi*, takes us on a transformational, cinematic experience of how to live a more meaningful life full of Gratitude through his intimate conversations with everyday people, thought leaders, and personalities revealing Gratitude is a proven pathway back from the disconnection we feel in our lives; disconnection from ourselves, our planet, and each other.



Be inspired. Feel curious. Share love.

[Read more here](#) about a recent study that finds gratitude can improve parents' well-being and their relationships with their kids. It's good for our happiness and life satisfaction, reduces anxiety and depression, strengthens the immune system, lowers blood pressure, and helps us sleep better.



**Common Sense Media** is one of my **TOP** go-to sites for the ever-changing world of social media/gaming/texting/apps. I often hear from students about their love of tech but also their huge struggles. What they do in their online lives can help them **explore their passions and connect** with others, but it can also **amplify the stresses** they feel every day. Research shows a connection between kids' healthy self-esteem and positive portrayals in media.

This month we are delving into the ever-popular **INSTAGRAM**.

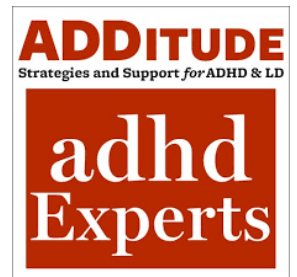
1. Instagram says users must be 13. **Common Sense Media rates it for 15+;** mainstream standards of beauty persist and are incentivized through higher rates of engagement; and photos that conform to a narrow set of "idealized" bodies.
2. **Personal information is tracked** and shared for third-party marketing and personalised advertising is displayed.
3. There are new safety features for users but **mature/violent/inappropriate content still appears in some photos and in the comment sections.**
4. Only allow "chat" with other users who are of an **appropriate age** and **known in real life by family.**



## Top 5 Homework Frustrations — and Fixes for Each

This article highlights help for students with ADHD, however, I am very sure it could help anyone!

1. The key is to **treat organization like a subject.** Instead of kicking off homework time with a math assignment or a vocabulary list, start by dedicating a few minutes to organization.
2. Use a **launching pad** to handle chaotic mornings. Each night, you have your child place everything for school — backpack, library books, sports equipment, etc. — in a box placed by the front door. The next morning, they can "launch" into the day in an organised fashion.
3. Conduct a **clean sweep** once a week. Every Sunday evening for 20 minutes, your child sits and organizes bookbags and binders — while you sort through your purse or the junk drawer.
4. Research shows that **distractible kids need to fidget in order to focus;** in other words, telling them to "sit still" is actually counterproductive. Instead, give them a **fidget toy**, which is a small handheld object that can be fidgeted in a non-disruptive way.
5. [More here...](#)



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.

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