

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

GOOD NEWS A PLACE TO FEEL THE POSITIVE vipes

"How do we change the world? One random act of kindness at a time." —Morgan Freeman



19th, May, 2023 May Mental Health Awareness Month GO GREEN Grub Day Drive-By





Words and pictures can't really do justice to how our hearts actually grew. How we felt... How they felt..... Adding good to our Bermuda... PRICELESS.

SO MUCH MORE THAN A PLACE TO LEARN

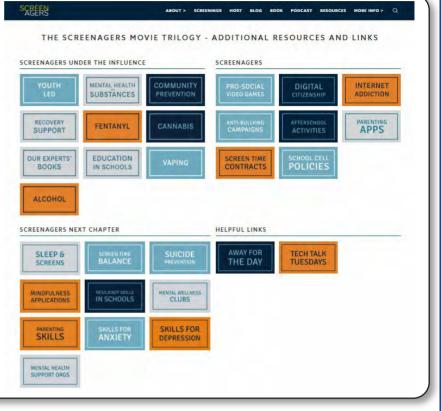


If you missed the viewings of the 2 Screenagers Documentaries in May here are some highlights:

✓ The goal is to maintain connection, and when we discuss our worries too much, this strains the relationship.

✓ Prioritize face-to-face time, validate feelings, empower problem solvers, and seek support.

This page is FULL of excellent resources for all the movies and associated topics.



From Spectrum Health's VP, Melissa Farrell

Creating a **summer bucket list** is a great way to focus your family on slowing down and being mindful of time. This conscious activity will force the mind to pay attention to where time is devoted. Sit with your family and identify a list of activities that are realistic for the family to accomplish in the summer school break. **In other words, plan to make a memory. Time will fly by.** Our culture pushes time forward faster it seems all the time. Practicing awareness of managing time and experiences promotes greater emotional health through intentional choices.

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🔲 eo ou u bike bide	make simores	DRINK & TROPICAL DRINK
make popsicles	HAVE A WATER BALLOON FIGHT	DO A SERVICE PROJECT
BUILD A FORT	IN BEACH BUTT AOTTEABUTT	REND IN BOOK BY THE POOL
DO A CARTWHEEL	PLANT FLOWERS	SLEEP IN LATE
ROLL DOWN & WILL	EAT CORN ON THE COB	WAVE A FLAG
BURY YOUR TOES IN THE SAND	SPEND A DAY PLAYING BAREFOOT	TRY 12 FLAVORS OF ICE CREAM
ELY A KITE	LAY DOWN AND LOOK AT STARS	MUNE & BUCKNUKD BBD
GO TO A DRIVE-IN MOVIE	HAVE A FAMILY SLUMBER PARTY	PLAY WATER GAMES
EAT A NOT DOG FROM THE GRILL	SEND LETTERS TO FRIENDS	CO GEOCACINA
🔲 60 ON A PICNIC	GO MIKING	EXPLORE THE GREAT OUTDOORS

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











