



Warwick Academy

OCTOBER 2024

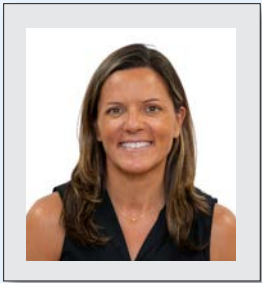
Mr. David Horan, B.Soc. Sci., M.Ed. Principal

Just Be Newsletter

MS. HEIDI SMITH, MS. KIM SIWIEC AND MS. ALICIA JONES, YOUR SCHOOL COUNSELLORS, RECEPTION - YEAR 13

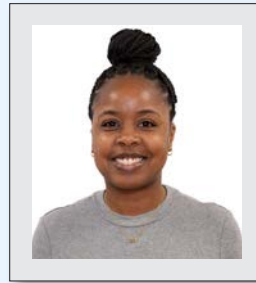
Welcome to our monthly newsletter where we will keep you up to date with our school counselling initiatives and share timely thoughts and articles.

A Big Welcome to Ms. Siwiec & Ms. Jones



Ms. Siwiec holds a MA in Clinical Psychology/Humanistic Studies from The Michigan School of Psychology, a BA in Psychology/Communications from the University of Denver. She is a certified School Counsellor with extensive experience supporting Primary and Secondary students in

US public schools, private schools and International Schools (United Arab Emirates, The Cayman Islands, and Malaysia). Kim's solution-focused approach emphasizes building on students' existing strengths and resources to address challenges and achieve positive outcomes



Ms. Jones is an alumnus of Warwick Academy and has been a School Counsellor in the Public School system in Bermuda for 14 years. She completed her MA in Education/School Counselling at Howard

University, BA at Wheelock University and Bermuda College. She is a Nationally Certified Counselor. Alicia integrates multiple approaches in her work to provide comprehensive support tailored to each student.

INTRODUCING THE SECONDARY Wellness ROOM

We are excited to introduce our new **Student Support Room**, also known as the **Wellness Room**! This dedicated space is designed to provide a quiet and restorative environment where students can recharge, process their feelings, and learn valuable skills for managing their emotions. It is staffed by our school counseling team, ensuring that students receive the support they need. The space is available for students who are feeling unwell, overwhelmed, or simply need a break/quiet space.



SO MUCH MORE THAN A PLACE TO LEARN



SECONDARY *Wellness* ROOM

WHAT TO EXPECT:

- Duration: Students can visit the room for 10-15 minutes.
- Activities: You have the option to sit and relax or engage in calming activities designed to help you re-center your mind and body.
- Calming Environment: The room features comfortable seating, soft lighting, and resources to foster a sense of peace.
- Any student feeling physically or emotionally unwell, or those seeking a moment of calm during a hectic day, are welcome to visit the Student Support Room. It's a safe place for students to take a break and prioritize their well-being.
- Over 200 students have visited the room so far to check the space out or to have a rest. The Wellness Room is open daily from 8:15 - 3:45. We encourage all students to take advantage of this valuable resource.
- Ms. Sully, our Deputy Head of Pastoral, has launched a competition open to all Secondary Students to help us "Name The Space."
- We are beyond grateful to our Facilities and Administrative Department, for working tirelessly over the summer creating SOLITUDE.

PRIMARY NEWS

In the lower primary classes, Ms. Siwiec and Ms. Jones have brought along their School Counsellor Toolbox, filled with essential tools designed to help students navigate their feelings and challenges. Here's a sneak peek at what's inside:

Ears: School Counsellors are good listeners, ready to hear what students have to say.

Tissues: As comforters, they provide support when students need it most.

Stretchy Rubber Band: teach flexibility and the importance of adapting to change.

Sunglasses: encouraging a positive perspective, they help students see challenges differently.

Puzzle Pieces: equip students with problem-solving skills to tackle challenges effectively.

Star: support students through difficulties but also celebrate their successes!

Heart: With a big heart, they are dedicated to ensuring every student has the BEST school year possible!

Eraser: encouraging students to embrace progress over perfection, teaching that it's okay to make mistakes.

Small Inner-Tube: supports that allow students to feel safe and secure while navigating their journey.

Tape Measure: assist students in measuring the size of their problems, helping them understand what they can manage.



GOOD NEWS A PLACE TO FEEL THE *POSITIVE* vibes

The start of the school year can bring excitement and challenges. Dr. Sandy De Silva, Executive Director at The Family Centre, shared the following tips at the recent WAPTA Annual General Meeting to help your child maintain positive mental health at the start of the school year:

- | | |
|---------------------------------------|---|
| ✓ Encourage Progress Over Perfection | ✓ Balance Extra Curricular Activities |
| ✓ Manage Social Media and Screen Time | ✓ Be Aware of Mental Health Support Resources |
| ✓ Support Healthy Friendships | ✓ Foster Open Communication and Presence |

Thank you, Dr. De Silva, for these *WONDERFUL TIPS* and for your support in our community!

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

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

hsmith@warwick.bm or ksiwiec@warwick.bm or ajones@warwick.bm