



Warwick Academy

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

MARCH 2025

# Just Be Newsletter

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

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

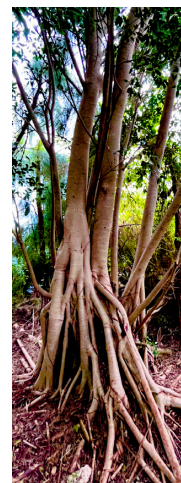
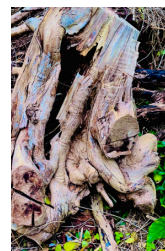
## GOOD NEWS POSITIVE vibes

We are sooooo excited to be invited by Roz Wingate to create a peaceful garden space in the property.

We plan to include seating with tree stumps, a water feature, solar lights, bird houses, stone path labyrinth, outdoor art, herbs and wind chimes

for a full sensory experience, and much more. The Zen den Garden will be available for the whole school to use.

The beauty we already see.



Parenting  
Insights

Talking to young people about  
distressing, scary events...



Mental Health  
Foundation

Whether it's within a family, in Bermuda, or the rest of the world; scary happenings/news can seem to be all we see and hear. There are conflicts all over the world at the moment, (Africa, Middle East, North America, Europe, etc.), adding to possible personal and Bermuda island struggles.

These tips are focused towards world events – they can be used for any distressing situation, and remembering to adjust language used based on age.

- ★ A news blackout is rarely helpful.
- ★ Let them know the facts.
- ★ Discourage overexposure.
- ★ Let your children know they are safe.
- ★ Let them know that it is normal to be concerned.
- ★ Tailor the conversation to their age.
- ★ Find the right time to talk about it.
- ★ Leave lots of space for questions and allow for repetition.
- ★ Be as truthful as possible.

And our Warwick Counselling  
Team Additions.

- ★ Show how to cope with stress.
- ★ Share HOPE.
- ★ Show KINDESS.





## This Month Our Primary Team/Year 6 share why it is important to talk about mental health and wellbeing.

- 😊 Help change the perception around mental health.
- 😊 So people with mental health struggles don't feel alone.
- 😊 Help feel happy on the inside and out
- 😊 Feelings can be hard to manage sometimes on our own.
- 😊 So you know how to help someone with their mental health
- 😊 Understand more about mental health, thoughts, and emotions.
- 😊 How to get help.
- 😊 Be more open to learn and talk about mental health.



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

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

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