



Just Be Newsletter

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



THOUGHTS FOR THE MONTH

"MY HUMANITY IS BOUND UP IN YOURS, FOR WE CAN ONLY BE HUMAN TOGETHER."
— ARCHBISHOP DESMOND TUTU

"EVERYBODY HAS LOSSES — IT'S UNAVOIDABLE IN LIFE. SHARING OUR PAIN IS VERY HEALING."
— ISABEL ALLENDE

- OVERWHELMED?**
A HELPFUL CHECK LIST
- RELAX SHOULDERS
 - TAKE A BREAK
 - THREE BREATHS
 - GO FOR A WALK
 - DO A BODY SCAN
 - ADJUST SCHEDULE
 - LIST TOP 3 PRIORITIES
 - ASK FOR HELP
- & REMEMBER YOU CAN HANDLE THIS!
xo @heyamberae

IF IT'S HARMING YOUR MENTAL HEALTH, IT'S TIME TO LOG OFF.

GOOD NEWS A PLACE TO FEEL THE POSITIVE vibes

From National Public Radio **npr**

NPR is an independent, nonprofit media organization that was founded on a mission to create a more informed public.

A glacier baby is born: Mating glaciers to replace water lost to climate change

CHUNDA, Pakistan – A farmer and a village leader in Pakistan's highlands decided it was time to try to make a glacier baby.

This ancient ritual that calls for mixing chunks of white glaciers, which residents believe are female, and black or brown glaciers (whose color comes from rock debris), which residents believe are male. Folks believe that combining the chunks will spark the creation of a newborn glacier that will ultimately grow big enough to serve as a water source for farmers. **Read more here to see what happened**





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. We all play an important role in helping kids be mindful of their tech use and protect their digital well-being.



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

1. TikTok says users must be 12. Common Sense Media rates it for 15+; because of the immense exposure to inappropriate content, and marketing ploys to collect data.
2. If your child signs up for a new account without your knowledge, they'll have access to explicit and inappropriate content without restriction.
3. Posting videos and pictures regularly leaves your child open to negative reactions and harsh comments.
4. DO choose a **STRONG PASSWORD** and **DO NOT** share it (all tech activity).
5. Privacy settings have been updated for young users – check it out.
6. Only allow “chat” with other users who are of an appropriate age and known in real life by family.

Improve the mental health of children and teens by reducing the risks and leveraging the benefits of social media.



Advisories from the U.S. Surgeon General and the American Psychological Association highlight how social media affects youth mental health. When it comes to helping your children build healthy digital habits, you may not know where to start. Here are some research-based tips from pediatricians that can make a big difference for your family.



Research-Based Tips From Pediatricians For Families:

- Build a family media plan.
- Balance time with and without devices.
- Talk about social media.
- Set a good example.
- Optimize your family's online experience.

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**

