



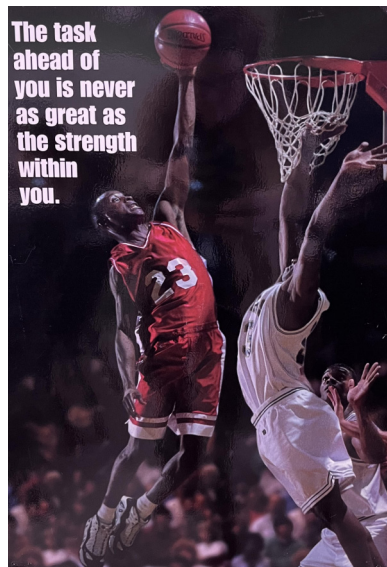
Just Be Newsletter

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

Surround yourself with who you want to be.



The task ahead of you is never as great as the strength within you.



[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.

In the coming months, we will be delving into gaming, and starting with the choose-your-own-adventure world of [Minecraft](#).

[Minecraft](#) is a sandbox-adventure video game. The style is called "sandbox" because the sandbox mode provides a creative landscape with no fixed goal and endless possibilities.

1. Safety: it can be played very safely. In single-player Creative mode on the Peaceful setting, for example, there is no interaction with others and no conflict. But eventually, most kids want to play with others, and multiplayer gaming invites some risks. Kids can be exposed to strong language, sexual content, bullying, and even hate speech. It isn't immune from predators and in multi-player games, strangers can join.

2. Age rating: kids age 8 and up, but still needs monitoring. The Entertainment Software Rating Board says 10+. 3. Minecraft has these safety resources for families; parental controls, online safety, and messaging.





GOOD NEWS A PLACE TO FEEL THE POSITIVE vibes

Our Favourite Parenting Books of 2023

Greater Good picks our favourite books to help parents and their kids nurture love, connection, and resilience. Covering topics ranging from how our parenting is intertwined with the natural world to how parents can break the generational cycle of adverse childhood experiences and how parent well-being is an essential prerequisite to child well-being.



Happier Living

Happiness isn't necessarily always feeling positive, well, and full of smiles. On the contrary, true happiness is about riding the waves, investing in our well-being, and finding true meaning in our lives.

Everyone's path to happiness is different. Based on the latest research, [Action for Happiness](#) has identified 10 Keys that tend to make life happier and more fulfilling.

Together they spell GREAT DREAM and you can explore them below.

GGSC Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

 Giving Do kind things for others	 Relating Connect with people	 Exercising Take care of your body	 Awareness Live life mindfully	 Trying Out Keep learning new things
 Direction Have goals to look forward to	 Resilience Find ways to bounce back	 Emotions Look for what's good	 Acceptance Be comfortable with who you are	 Meaning Be part of something bigger

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together

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

