



Warwick Academy

FEBRUARY 2024

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

# Just Be Newsletter

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



## Inspiration from Year 2 & Year 3

*"Art washes away from the soul the dust of everyday life."* — Pablo Picasso



## Celebrating the Brilliance of Black Voices in the Arts

Black History Month 2024: Art as a Platform for Social Justice



Smithsonian's National Museum of African American History & Culture is highlighting the "art of resistance" and the artists who used their crafts to uplift the race, speak truth to power and inspire a nation. [Take a Video Tour here.](#)

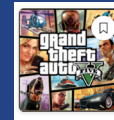


**Common Sense Media** is one of my **TOP** go-to sites for the ever-changing world of social media/gaming/texting/apps. This month we are exploring the dark and extremely violent world of **Grand Theft**.

**Grand Theft Auto V** is an adult action game that glamorizes the depiction of crime, greed, and violence.



- 1. Safety: it is NOT a game for kids.** It brims with gang violence, crime, extremely coarse language, drug/alcohol abuse and many other types of highly inappropriate content (too unseemly to even write here).
- 2. It does NOT contain any positive messages or role models.**
- 3. Age rating: 18+** by Common Sense Media.
- 4. Under 18's** (and adults might as well) **can experience trouble sleeping, anxiety, confusion, wariness, mood swings** and much more when engaging in gaming like this.



Parents' Guide to **Grand Theft Auto V (2022)**  
 By Chad Sapiha, Common Sense Media Reviewer ©  
 age 18+ ★★★★★  
 Crime, violence, sex, drugs, and alcohol = not for kids.

## GOOD NEWS A PLACE TO FEEL THE POSITIVE *vibes*

### How Love Affects Your Heart

Christopher Suhar, MD,  
Cardiologist/Director of Scripps Center for Integrative Medicine.

**Having love in your life can benefit your heart health.**

- ♥ Love reduces stress, gaining peace through love, which decreases stress and anxiety in your life and benefits your heart.
- ♥ Love can come from many different sources: marriage, a partner, siblings, parents, friends, or a pet.
- ♥ Blood pressure responds to calmness and peace.
- ♥ Love makes you live longer.
- ♥ Love makes you heal quicker.



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**

