



# Just Be Newsletter

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



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

1. We have a full house!!!! **100+ NEW students!**
2. Happy and grateful to welcome all **1000+ students and staff** back!!!
3. So lucky to have such an **AMAZING TEAM** that worked so hard all summer –showering our campus with heaps of TLC and keeping everything running!

**YOUNGMINDS**  
fighting for young people's mental health



### WHAT TO DO IF YOUR CHILD IS ANXIOUS ABOUT GOING BACK TO SCHOOL

The first few weeks have started and for some students, being back to school can make them feel anxious and nervous. Here are some things you can do to make going back to school easier and less stressful for you and your child.

- **Chat about school:** Keep it light and keep it positive.
- **Ask how they're feeling about it** and whatever they tell you, accept, validate and normalise their feelings - e.g. "You're right, it is a bit nerve-wracking on your first day back – same for me and work."
- **Plan a few interesting things to do in the evenings and at weekends** in the next term to give them something to look forward to and remind them that school is only a part of their week.
- **Establish a routine 'family feedback' time** where everyone can air and share worries from their day, as well as the fun things that went on. This could happen over dinner time and involve questions like, "What was the silliest moment of your day? What was the most interesting fact you learnt today? Did anyone say anything kind or mean?"
- **Teach them some simple breathing/grounding techniques** and exercises to use at school if they feel anxious during the day.



**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 **“SNAPCHAT”**.



1. Snapchat says users must be 13. Common Sense Media rates it for 16+; because of the immense exposure to inappropriate content, and marketing ploys to collect data.
2. Users can send and receive unmonitored photos, texts, and videos; and other users can screenshot them – thereby making them permanent. Third-party programs can easily intercept/store Snaps sent.
3. DO choose a **STRONG PASSWORD** and DO NOT share it (all tech activity).
4. Check the Privacy Settings and Sharing Location – go to the **TOOLS** icon.
5. Only allow “chat” with other users who are of an appropriate age and known in real life by family.



## 10 foods to boost Student - Staff - Family brainpower!

Eating a healthy, balanced diet that includes these 10 everyday brain-boosting foods may help:

- ✓ Keep your memory, concentration, and focus.
- ✓ Healthy brain function.
- ✓ Boost short-term memory.
- ✓ Reduce anxiety and stress.

**Wholegrains • Blueberries • Oily Fish/Omega 3'S • Tomatoes**  
**Eggs • Blackcurrants • Pumpkin Seeds • Broccoli • Sage**

Choose your wholegrain base



For example: wholemeal bread, oatcake, rye crispbread.

Spread on your fibre provider topping



For example: reduced fat hummus, mashed avocado, salsa (choose a lower salt option).

Finish with vegetables (or fruit!)



For example: grated carrot, sliced tomato or cucumber.

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.

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