



Warwick Academy

DECEMBER 2023

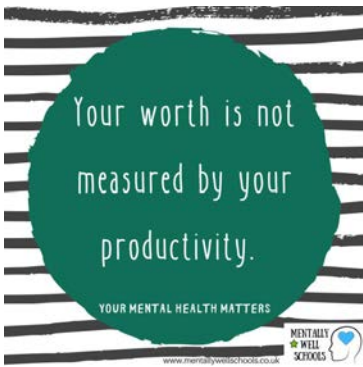
Mr. David Horan, B.Soc. Sci., M.Ed. Principal

# Just Be Newsletter

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

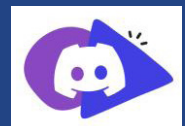


## FROM OUR HOME TO YOURS



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

1. Discord is a voice/text/chat tool with a significant gamer presence; users must be 13, but this age requirement is not verified.
2. Check Friend Request Management User/Settings page, only allow "chat" with other users who are of an appropriate age and known in real life by family.
3. There are some servers deemed "NSFW" (not safe for work) -- they may have more graphic language. You must be 18 or older to join these servers, but there's not a very strong verification process, so users can easily claim they're 18 even if they're not.





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

## The Science of Singing Along




For time immemorial, humans have connected deeply through singing with one another. We explore the science behind this, plus how group singing benefits other aspects of our health.

[Listen to the Podcast Here](#) AND for the 25<sup>th</sup> DAY, Christmas SING 🎄📺❤️🎹🎸🎺❄️🧑🏻‍🎄☀️!

## December 2023 Happiness Calendar

This month, look for the light.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Greater Good Science Center</b> ggsc.berkeley.edu greatergood.berkeley.edu</p>			<p><b>1 Find a new hobby</b> you enjoy.</p>	<p><b>2 Meditate on what you're grateful for.</b></p>		
<p><b>3 Go to sleep as soon as you feel tired.</b></p>	<p><b>4 Look for the goodness and kindness</b> all around you.</p>	<p><b>5 Go easy on yourself</b> when you're struggling.</p>	<p><b>6 Imagine what your life would be like</b> without a loved one.</p>	<p><b>7 Take a walk and savor the sights, sounds, and smells</b> around you.</p>	<p><b>8 Speak up at work.</b></p>	<p><b>9 Give the Greater Good Toolkit</b> as a gift.</p>
<p><b>10 How mindful are you?</b> Take our quiz to find out.</p>	<p><b>11 Do three kind things</b> today.</p>	<p><b>12 Slow down and take time for yourself.</b></p>	<p><b>13 Make friends with people who are different from you.</b></p>	<p><b>14 Be your authentic self</b> as you age.</p>	<p><b>15 Reflect on the ways you embody your values.</b></p>	<p><b>16 Write a note of gratitude</b> to someone.</p>
<p><b>17 Find calm</b> by watching your thoughts and feelings come and go.</p>	<p><b>18 See the goodness in yourself.</b></p>	<p><b>19 Find allies to help build a more equitable workplace.</b></p>	<p><b>20 Take our Science of Happiness course</b> in 2024.</p>	<p><b>21 Break free from gender norms.</b></p>	<p><b>22 Journal about a recent moment of awe.</b></p>	<p><b>23 Reconnect with someone</b> you lost touch with.</p>
<p><b>24 Take care of your mental health.</b></p>	<p><b>25 Sing.</b></p>	<p><b>26 Ask yourself: What can I learn from others?</b></p>	<p><b>27 Surround yourself with people you respect and admire.</b></p>	<p><b>28 Ponder your New Year's resolutions.</b></p>	<p><b>29 Read a good book.</b></p>	<p><b>30 Remember acts of kindness</b> you gave and received.</p>
<p><b>31 Contribute to the greater good.</b></p>						

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](mailto:hsmith@warwick.bm) or [dvickers@warwick.bm](mailto:dvickers@warwick.bm)

