

The Berkeley Institute "Weekly Times"
Week of January 13th, 2025

Our Mission Statement

"The mission of The Berkeley Institute, a diverse senior school with a rich heritage and tradition of excellence, is to ensure a stimulating learning environment that prepares all of its students to lead full and purposeful lives and to assume leadership roles in both the local and global communities."

Revised April 2019

Berkeley's Angel in the Outfield



Principal's Corner:

Good Morning, Berkeley Family,

After a weekend marked by blustery weather and heartbreaking news, I find myself with few words to adequately express the weight we are all feeling. My heart is truly broken as we navigate this tragic time together.

It is with profound sorrow and devastation that I share the tragic and untimely passing of a beloved recent graduate of the Class of 2024. We are once again faced with such horrific and inconceivable news. This loss has deeply shaken our school community, and our hearts are heavy as we mourn yet another bright and promising life gone too soon.

Our thoughts and prayers go out to the student's family, friends, teachers and all those whose lives she touched. During this unimaginable difficult time, it is crucial that we come together to support and uplift one another. We understand that many of our students and staff may be greatly impacted by this devastating news, and we urge everyone to lean on the strength of our Berkeley Institute family.

Please know that resources and support will be available to those in need. Let us hold each other close and honor the student's memory as we navigate this painful loss together.

Notwithstanding the aforementioned, a **school-wide ZOOM (925-914-3418) Assembly was held yesterday at 10:04 a.m.**, where we came together to discuss some important matters with regards to our preparation for Mid-Year Examinations.

Let us lean on each other as we face this difficult week ahead. Your support and compassion make all the difference.

Kind regards,

Keisha L. Douglas

Principal

Work Smart, Not Just Hard

JANUARY MID-YEAR EXAM SCHEDULE

Tuesday January 21 - Friday January 24, 2025

	Tue. January 21, 2025	Wed. January 22, 2025	Thur. January 23, 2025	Fri. January 24, 2025
Morning 9:00 a.m. - 11:05 a.m.	English	Math	Science	Conflict Day
Afternoon 1:00 p.m. - 3:05 a.m.	Social Studies	Foreign Language	Business	Conflict Day

When the exam days begin, students will only report to school when they have an exam. There are no classes taking place on exam days.

JANUARY MID-YEAR EXAM SCHEDULE

TIME	ACTIVITY
8:30 a.m.	Students to proceed to Examination Location
9:00 a.m.	Start of Morning Exams
11:05 a.m.	Dismissal from Exam Room
11:05 a.m. to 12:30 p.m.	Lunch Break – School Cafeteria is open <i>** Students with morning and afternoon exams are not permitted to leave the premises during the lunch break.</i>
12:30 p.m.	Lunch Ends Students to proceed to Examination Location
1:00 p.m.	Start of Afternoon Exams
3:05 p.m.	Dismissal from Exam Room



Regular Bus Schedule will be in place.



7 Mindful Exam Hacks

7 Mindful Exam Hacks

Simple strategies to boost your focus, composure and readiness for exam success.



PAUSE TO CHECK IN

Regularly pause to gauge your emotional state throughout the day. This helps you understand how you're feeling, and quickly alerts you to seek support if needed.



PRACTICE GRATITUDE

Cultivating gratitude supports a positive mindset and brings a sense of ease. When you feel good, you perform better!



BREATHE TO CALM

Breathing exercises before and during exams help calm the mind, body, thoughts and emotions.



STAY HYDRATED

Drinking water keeps you hydrated and carries nutrients to your brain, improving concentration and memory.



LIMIT USAGE WHEN STUDYING

Minimize distractions by limiting social media and unnecessary phone use. If using a laptop for studying, turn off notifications or activate 'DO NOT DISTURB MODE'.



PRIORITIZE SLEEP

Teenagers require 8-10 hours of sleep each night. Adequate rest improves attention, concentration, reduces stress and supports emotional & mental wellbeing.



ASK FOR SUPPORT

During this time, seek extra assistance from your community. Parents, guardians, teachers and year-level teams are all here to support you. Attend tutorials and/or secure a study buddy. Remember you are not alone!

Breathing for Exam Success

Breathing for Exam Success

FOR EACH EXERCISE, FIND A QUIET SPACE TO SIT UPRIGHT AND RELAX.
BREATHE FOR TWO MINUTES WITH PATIENCE, MINDFULNESS AND KINDNESS.

INHALE-EXHALE

Inhale success
Exhale stress.
Repeat

4-7-8

Inhale for 4 counts
Hold for 7 counts
Exhale for 8 counts
Repeat

3-3-3

Breath in for 3
Hold for 3
Breath out for 3
Repeat

MINDFUL BREATHING

Close your eyes.
Place a hand on your belly.
Focus on it's rise and fall.
Follow your breath as it
naturally flows in
and out.

COUNTING BREATHS

Close your eyes.
Count each inhale and
exhale as one Starting
from 30 down to 0.

GRATITUDE PRACTICE

Close your eyes, relax your
muscles and think of someone
or something you appreciate.
Feel gratitude in your heart as
you continue to focus on your
relaxed breathing.

BODY SWEEP

Close your eyes,
notice any tension in
your body and use
the breath to relax
those areas.



'SAFETY ⚡ SPECIAL

January 13-17, 2025

10% OFF

Any other helmet;
e.g Nolan N70 and
N40 Helmets

Nolan N33 Evo

5% OFF



Discount Code: Your
Berkeley Student ID
***Limited-time offer.**

Nolan N34T

5% OFF



The Berkeley Institute

Hours of Operation

Office Hours: 8:00 a.m. to 4:00 p.m.
Student Hours: 8:30 a.m. to 3:30 p.m.

School Telephone Number: (441) 292-4752
Attendance Clerk's Direct Number: (441) 294-0357
Fax Number: (441) 295-5646

The Week at a Glance

- ❖ Monday, January 13th 2025
 - Staff Meeting @ 3:45 p.m.
 - PTSA Meeting @ 5:30 p.m.
- ❖ Friday, January 17th 2025
 - S1-S4 Community Service & Co-Curricular Check Point
 - School Grub Day \$3.00
- ❖ Tuesday, January 21st 2025
 - English Examination @ 9:00 a.m.
 - Social Studies Exam @ 1:00 p.m.
- ❖ Wednesday, January 22nd 2025
 - Mathematics Examination @ 9:00 a.m.
 - Foreign Language Exam @ 1:00 p.m.
- ❖ Thursday, January 23rd 2025
 - Science Examination @ 9:00 a.m.
 - Business Examination @ 1:00 p.m.

Student Council Corner: Pain Into Purpose

ATTENTION PLEASE!

BLUE-OUT THIS FRIDAY!

Let's support the Pain Into Purpose Bermuda! We want to see a 'Sea of Blue'! on January 17th!

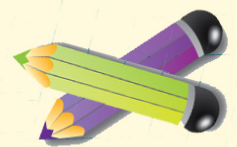
@berkeley_studentcouncil

Berkeley Pictures of the Week



From left to right:

1. A'Maya DeRosa eludes a challenge during the 2023-2024 Girls' Knock-Out Final.
2. Angels in the Infield – A'Maya poses for a picture with friends before the Trending Dance Showcase.
3. A'Maya lifts the Girls' Over 16 Knock-Out Finals Trophy at the NSC.



Quincy Paynter
Deputy Principal
Editor

Respice Finem! Keep the End In View!