

*The Berkeley Institute "Weekly Times"*  
*Week of October 14<sup>th</sup>, 2024*

## **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*

### **Dr. Lugo's Marine Science Adventure**



## **Principal's Corner:**

Good day, Berkeley Family!

I hope you all had a restful weekend and are ready for another great week ahead. Last week was truly special, and I want to take a moment to reflect on the wonderful activities we had. We were fortunate to have Dr. Godfrey on campus, where he engaged with all of our stakeholders: our dedicated staff, PTSA, and both our male and female student groups. His insights left a lasting impact on all of us.

Additionally, our school-wide 3K Walk was a tremendous success, as well as our healing circles facilitated by Advisory groups. A heartfelt thank you to all the staff and students who participated and volunteered to share their reflections during the walkthroughs on Dr. Godfrey's final day. It was an inspiring week, filled with meaningful moments.

Looking ahead, this week is **Founders Day Week!** On **Thursday, October 17, 2024**, we will have our **\$3.00 Green and Gold Grub Day**. Students and staff are encouraged to participate by boldly wearing their house colors. Let's show our spirit and pride!

On **Friday, October 18, 2024 at 9:30 a.m.** we will come together for our annual **Founders Day Ceremony** in the Gymnasium, followed by some exciting afternoon activities to close out the week.

As a reminder today:

**Panther Pride Awardees free Grub Day...**names to be announced later this morning...

Just a reminder that we will indeed also have our **Breast Cancer Awareness \$5.00 Grub Day- Wear Pink** on **Wednesday, October 16, 2024**.

Also, I officially welcome, Ms. Stacey Lathan to campus, our new Administrative Assistant to the Deputy Principals

Wishing everyone a fantastic week ahead!

Kind regards,

Keisha L. Douglas

Principal



**RG TOP 10**  
BERMUDA EMPLOYERS 2024

The Berkeley Institute

26 Berkeley Road, Pembroke HM 07 | BERMUDA

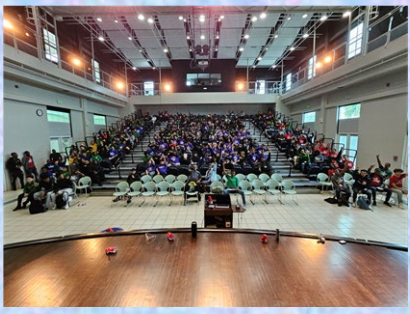
P.O.Box HM 2704, Hamilton HM KX | BERMUDA

Tel: (441) 292-4752 | Fax: (441) 295-5646

Email: [kldouglas@berkeley.bm](mailto:kldouglas@berkeley.bm) | web: [www.berkeley.bm](http://www.berkeley.bm)

**Respice Finem!**

# Essentials of Self-Healing



#MenOfTheFuture



#RapidFireResponse



#HealingEmotions



#ThoughtsTriggerTraumaTriumph



On Monday, October 7<sup>th</sup> 2024, Dr. Javar Godfrey returned to The Berkeley Institute to conduct the second part of his series of workshops for students, parents, and staff entitled, "Healing in Progress". Dr. Godfrey facilitated a workshop in the Cafetorium for staff during our October staff meeting at 3:45 p.m. He then presented for students' parents and guardians during the P.T.S.A. meeting held at 5:30 p.m. in the Cafetorium thereafter. On Tuesday, October 8<sup>th</sup> Dr. Godfrey returned in order to engage in a healing walk. The entire school was involved in a walk around Spanish Point as part of a healing exercise for staff and students. After the walk students and staff participated in healing circles on the school field. Students were separated into year levels, then advisories to partake in healing circles facilitated by year level advisors. On Wednesday, October 9<sup>th</sup> Dr. Godfrey hosted workshops for our male and female students of The Berkeley Institute. The gender based workshops were followed by teacher versus student games in football and netball. Thanks Dr. Godfrey for illuminating healing in education.



#HealingInProgress



#InteractiveWorthshop



#AuditoryLearners



#HealingMyEducation

# Around Campus: Healing in Progress...



#ThoughtIntensity



#ThoughtsThatCount



#GratitudeGuide



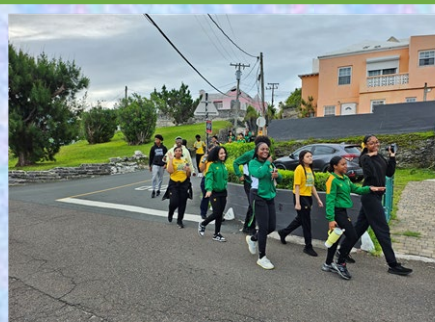
#MovementMotivation



#GroundingGreatness



#RoutineReflection



# The Berkeley Institute

## Hours of Operation

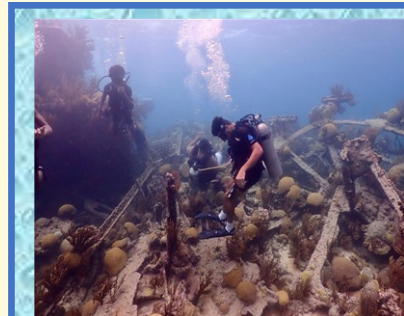
Office Hours: 8:00 a.m. to 4:00 p.m.  
Student Hours: 8:30 a.m. to 3:30 p.m.

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, October 14<sup>th</sup> 2024
  - ITL & Year Head Meeting @ 3:45 p.m.
- ❖ Tuesday, October 15<sup>th</sup> 2024
  - Berkeley Board of Governors Meeting @ 5:30 p.m.
- ❖ Wednesday, October 16<sup>th</sup> 2024
  - Breast Cancer Awareness 5K Walk
  - Breast Cancer Awareness Grub Day (Pink) \$5.00
- ❖ Thursday, October 17<sup>th</sup> 2024
  - BES Pre-Founders Day Green & Gold Grub Day
  - BES Meeting @ 6:00 p.m.
- ❖ Friday, October 18<sup>th</sup> 2024
  - Annual Founders Day

# Marine Science Field Trip

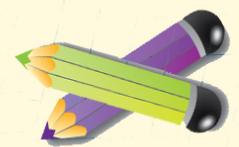


## Berkeley Pictures of the Week



From left to right:

1. S4 students take a moment away from their College fair in order to get a picture.
2. S4 students listen attentively to college options in Canada.
3. S1 students gather for a group photo after the walk around Spanish Point.



## Respice Finem! Keep the End In View!

Quincy Paynter  
Deputy Principal  
Editor