



The PTESS Newsletter

Welcome to the first issue of the Princes Town East Secondary School Newsletter!

We are very excited to present to you the first issue of the PTESS Newsletter. The aim of this newsletter is to give a voice to you, the student body, while at the same time providing the information needed to keep you up-to-date with school events and activities. Each term, the PTESS Newsletter will feature educational articles, study tips, past and upcoming events and other interesting ways to interact with our school community. We want to make you active participants in your school and we hope that this newsletter will create a bridge of communication to do just that. Ultimately, we hope that the newsletter will generate a shared identity amongst students and instil a greater sense of pride in our school.

What's inside?

This issue features a history of our school. Did you know we are 44 years old? Read all about the journey we took to become the Princes Town East Secondary School we are today and where we hope to be in the future. We also focus on this term's major school events with highlights of our top Achievement Day winners and the PTESS Marathon.

We continue to encourage our students to get involved with world issues as we recognize International Women's Day and World Down Syndrome Day in March. Take the pledge to Be Bold For Change on International Women's Day, and don't forget to wear your funky socks on March 17th, to show that you are against discrimination of children with Down Syndrome and that social inclusion is key!

We want this newsletter to be valuable for you so, continue reading! Share your feedback, suggestions and ideas so we can support each other and grow together to build our school **Towards Excellence**.

Inside this issue

- Principal's Message 2
- Exploring Our History 2-3
- Ode to PTESS.....4
- Our Library 4
- Women's Day 5
- Down Syndrome Day 5
- Achievement Day 6
- Study Tips 6
- PTESS Marathon 7
- Brain Food 8

Announcements

- International Women's Day— 8th March
- Exams Begin—20th March
- World Down Syndrome Day— March 21st

**Share your ideas
with us!
Get involved
with the next
issue now!**

A Message from the Principal



Education is the key that unlocks the door to a myriad of opportunities. At Princes Town East Secondary School, we attempt to create the environment that will challenge our students to become better. We have embarked on a series of initiatives that will assist in improving the levels of discipline and achievement of the students.

We continue to operate in a setting that is highly participative and collaborative. It is anticipated that we will continue to work together for the well-being of our charges.

We appeal to all to invest in the future of our nation as together we make Princes Town East Secondary School a place to be admired.

.....
Mr. Anthony Ali, PhD
Ag. Principal

“Education is the key that unlocks the door to a myriad of opportunities.”

Exploring Our History (1973-2017)

In 1973, forty-four years ago, Princes Town Junior Secondary School opened. It was humbly housed at the San Fernando East Junior Secondary School, Pleasantville, awaiting its new home geographically located in the quiet village of St. Julien on the outskirts of Princes Town.

Princes Town J.S.S. opened with the full complement of 640 first year students and 30 teachers. Students were placed on separate morning and evening shifts, with the former accommodating students from as far away as Mayaro, Guayaguayare and Moruga.

Our school has been fortunate to have a permanent core of well-motivated and highly qualified teachers and a series of Vice-Principals who have insisted on acceptable standards of dress, behaviour and attitude. The first Vice-Principals were Ms. Alva Ferraz and Mr. Wesley Ramjattan. The Clerk III was Mr. Clide Massiah and the Principal was Mr. Winston Jeffers.

It was not until September, 1974 that the buildings at East Matilda, Naparima Mayaro Road, St. Julien Village were handed over and, members of staff and the student body eagerly took occupation of their own school. We came with our young tree plants which were in the nursery the whole of the previous year, our school prayer written by Mr. W. Ramjattan and our school uniform, also designed by Mr. Ramjattan.

Princes Town J.S.S. made rapid strides over the years under the able leadership of our first Principal, Mr. Winston Jeffers, heralded as the “Father of the School” which gave rise to the many, varied achievements and successes of the school in academic, cultural and vocational areas. From very early in the life of our school we saw it necessary to improve the self-esteem of our students by making them proud of their school. Additionally, Vice-Principal Mr. Rajkumar Maharaj tried to take this concept one step further by introducing a radio programme *TGIF- Thank God It's Friday-* produced, recorded and presented by students and teachers of the school via the public address system. This included news, special features and music. There was also a miniature

“newspaper” called *Good Afternoon*, produced and distributed by Mr. R. Maharaj as well, which was used as a novel, yet effective method of communicating with teachers.

Over the years, many people joined our much beloved institution as part of our administrative teams, teaching and non-teaching staff. In 2008, Mr. Patrick Dailey, the Principal at the time, presided over the de-shifting and conversion from Princes Town Junior Secondary School (PTJSS), to the Princes Town East Secondary School (PTESS).

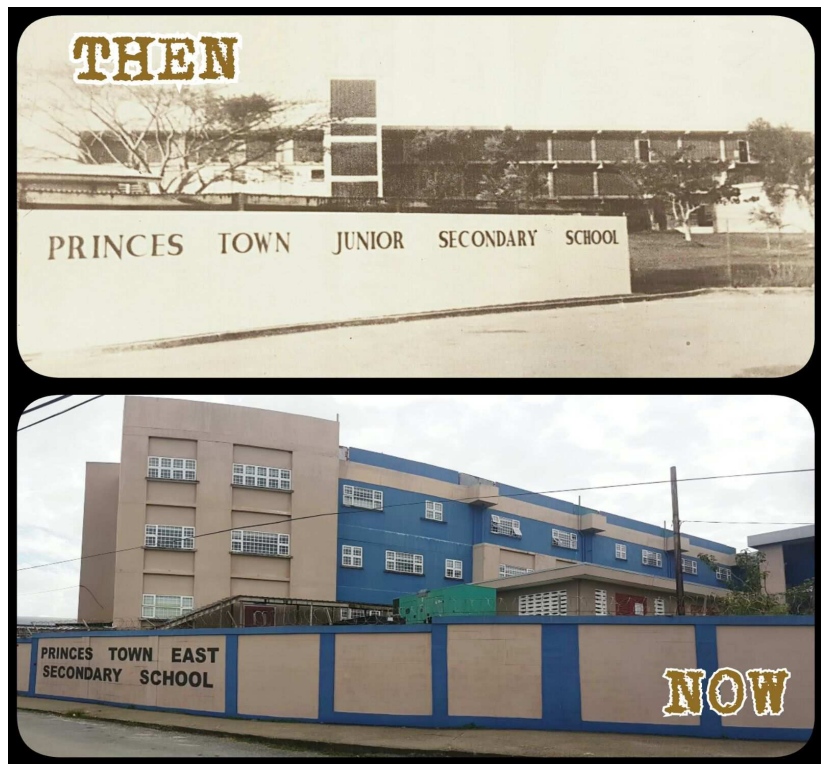
No matter how long or short the stay, each individual made a real and tangible contribution to our students. They

came from all walks of life, possessed various tastes and abilities which they unselfishly devoted to the work of promoting the advancement of our school and students.

In September 2010, PTESS became a pilot school for unisex education with its intake being all female. This was led by the administrative team of Mr. Shanaz Baksh and Mrs. Maria Dingwell, the Principal and Vice-Principal respectively at the time. In September 2013, the intake reverted to including both male and female students. In September 2012, the teaching staff occupied part of the new school structure which is a stone’s throw from its old home. On 19th August, 2015 the school was officially opened by Dr. Tim Gopeesingh, the Minister of Education at the time. At present, we have 523 enrolled pupils and 49 teachers.

Thousands of students have passed through our school. Many of them have received an education which has not only fitted them to hold responsible positions but which affords them an opportunity of experiencing the joy that accompanies wider service in the world to come. Over the years, the curriculum, ably delivered by competent teachers, developed in our students the attributes of curiosity, initiative and investigation, along with basic competence in a wide range of disciplines, including but not limited to academics.

Under the present administration, our school continues to work towards improvement and breaking new ground. As a school, we must believe in our motto **“Towards Excellence”** which is a statement of purpose and principles and underlies all the efforts and energies expended in the process of acquiring an education. It reminds us that in all we do, say and think, we should continuously strive **“Towards Excellence.”** It warns us against the complacency of ever believing that we have reached the top without anywhere further left to go. It reminds us that excellence is not only an achievable goal, but also a relative one and voices the sentiment that to achieve, we must aspire and have faith in our school motto **“Towards Excellence.”**



Adapted from “The History of PTESS” by Theresa McLean and Sattie P. Arjoonsingh.

Ode to P.T.E.S.S.

A strong pillar in the temple of education
For forty years building the youth of this nation
A tower of knowledge, strength and philosophy
You certainly are a blessing, a shelter, a learning
sanctuary.

A mother in the morning and a father in the evening
Inculcating, moulding and imparting
Your caretakers touched the lives of many
From Felix, Dennis, Theresa and Eldica
The guards have changed to Kelly, Usha, Maya and
Ms. Bitna.

Standing like Olympus, you aspire for a new age of
learning,
While you continue loving, caring and preparing.

You've now shed your tired skin
And spread your new majestic wing
Your praises we will always sing
We ask God to bless you and grant you knowledge
free from ignorance
As we journey Towards Excellence

By Mr. Chadwicke K. Lalla
Ag. Vice Principal
(Written for our 40th Anniversary)

Our School Library

Our school's library offers a wide range of services to help both students and teachers strive towards excellence. Here is a list of these services:

- Book Lending
- Photocopies
- Computer Usage and Internet
- Computer Prints
- Research Queries
- Multi-Media
- Access to Past Paper Files (NCSE & CSEC)
- Access to Information Files (Newspaper Clippings)
- Teacher's Collection Resource Area
- Special Collections (CSEC, Graphic, Teenage Collection etc.)
- Thematic Displays on Current Issues
- Daily Newspapers
- Magazines
- Lunchtime Activities (Puzzles, Quizzes, Crafts, etc)
- Competitions



Carnival display at PTESS Library

Let's Get Involved!

International Women's Day

International Women's Day, is observed on March 8th every year. It is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender equality and has been observed since the early 1900's.

International Women's Day encourages and empowers women through gender equality and salutes them for their resilience, patience and hard work. It is a day that symbolises determination and courage and highlights the progress made by women throughout the years in every sphere of life.

This year, the theme for International Women's Day is **BE BOLD FOR CHANGE**. On International Women's Day 2017, let us all pledge to promote gender equality and work towards women's empowerment. You can start by sending some inspiring and powerful messages and quotes to every woman in your life and make them realise they are important.

Happy International Women's Day 2017!

"Do not wait for someone else to come and speak for you. It's you who can change the world."

- Malala Yousafzai



Learn more about International Women's Day by visiting the website:

www.internationalwomensday.com

All About Down Syndrome

Down Syndrome (DS) also called **Trisomy 21**, is a condition in which a person is born with an extra chromosome. Chromosomes contain hundreds, even thousands, of genes. Genes carry the information that determines our traits (characteristics e.g. *green eyes or freckles* passed on to us from our parents). With Down Syndrome, the extra chromosome causes delays in the way a child develops, mentally and physically. The physical features and medical problems associated with DS can vary widely from child to child. While some children need a lot of medical attention, others lead healthy lives.

Complications associated with DS include heart defects, leukemia, infectious diseases (e.g. pneumonia), dementia, sleep apnea, obesity and other problems such as gastrointestinal blockage, thyroid problems, seizures, ear infections, hearing loss, skin and skeletal problems and poor vision.

The Down Syndrome Family Network wants you to get involved. On Friday 17th March

2017, we are encouraging YOU, the students of Princes Town East Secondary to flash out with your funky, colourful, mismatched socks and let everyone know that you are against discrimination of children with Down Syndrome and that social inclusion is key!

GET TO KNOW:

Jillian

My parents wouldn't change me for the world.



Our Top Performers

Form One:

Nodesh Balgobin
Peaches Greene
Monique Mitchell
Crystal Mohammed
Giselle Ougrah
Maya Ramsey

Form Two:

Daijah Babb
Carissa Balgobin
Celine Charlo
Sheronna Gowgee
Asha Mohammed

Form Three:

Denyce Baptiste
Tia Burton
Jada Hercules
Shery Ramtahal
Katrina Samaroo
Priya Seedath
Eyanda Soute.

Form Four:

Shalyma Aggan,
Nicolette Jackson
Faith Kennedy
Shazara Mohammed
Aisha Rahaman
Merlana Ramkissoon
Nadia Sinanan
Joanne Singh

*I can be a
top achiever!*



Achievement Day 2017 “Dream It, Believe It, Achieve It.”

Our annual Achievement Day was held on February 9th . At Princes Town East Secondary School we continue to recognize the potential of our students. As we reward students for academic excellence and their contribution to school life, we hope to inspire the school body.

N.C.S.E. Top Performers:

★ Shery Ramtahal, Eyandha Stoute, Parbatie Sookdeo, Omega Edwards, Telitha Racha, Lissa Nurse.

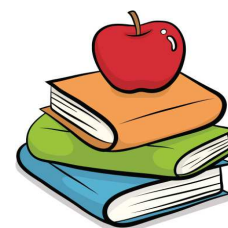
C.S.E.C. Top Performers:

★ Jewel Crawford, Amy Ramesar, Sarah James, Alana Nelson.



Some of Our Top Performers

Exam Preparation: Three Study Tips

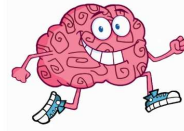


- ◆ **Have a positive attitude:** “Knowledge is Power!” View studying as an opportunity to expand your knowledge and understanding of the content. Remind yourself *“today I study hard so tomorrow I can make a difference.”*
- ◆ **Practice on old exams:** Past exams can help you get familiar with terminologies used and the format of questions. It also provides an opportunity for you to time yourself, ensuring that you spend the right amount of time on each question.
- ◆ **Organize your study space:** Try to get rid of all distractions (e.g. computer games, phone and television) and ensure that you feel as comfortable and focused as possible. Make sure there’s enough room to spread out your text books and notes. A neat study area encourages you to be more productive when you study.



Highlights from the PTESS Marathon 2017

BRAIN FOOD



Riddles

Can you guess what each of these riddles is describing?

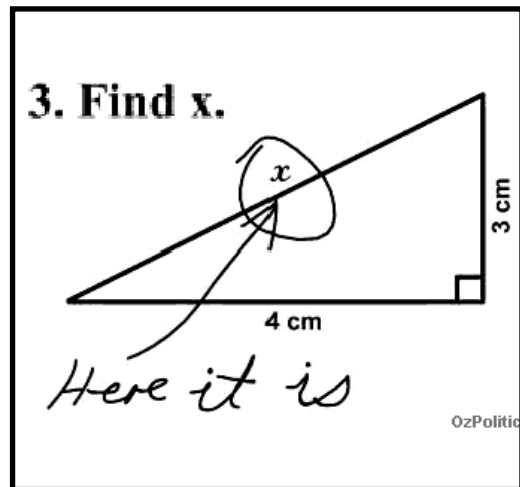
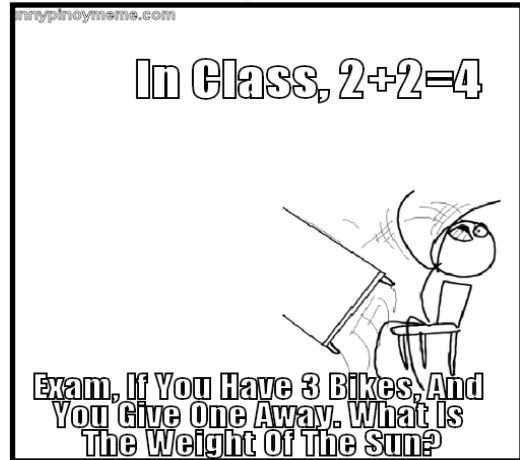
1. What goes up and down the stairs without moving?
2. What can you catch but not throw?
3. I can run but not walk. Wherever I go, thought follows close behind. What am I?
4. What goes around the world but stays in a corner?
5. Give me food, and I will live; give me water, and I will die. What am I?

Brain Teasers:

1. TRY STAND
2

2. L
O
V
E

3. give get
give get
give get
give get



Princes Town East Secondary School.

Address: East Matilda Junction,
Princes Town.

Phone: 753- 4374

E-mail: princetowneast.sec@moe.edu.tt

Website: <http://princetowneastsec.weebly.com>

PLEASE
PLACE
STAMP
HERE

Riddles Answers: 1. A rug 2. A nose 3. A cold 4. A stamp 5. Fire
Brain Teasers Answers: 1. Try to understand 2. Falling in love 3. Forgive and Forget