



# The PTESS Newsletter

## What's Inside?

This term, the staff and students of Princes Town East Secondary School joins with the global community in observing World Environment Day. Our feature article “Global Warming and You” aims at highlighting how severely our own actions affect the environment. It also outlines how making small changes to our everyday lives can protect our world; not just for our own benefit, but also for the benefit of future generations.

This issue also features profiles on two of our students, Jada Hercules and Nodesh Balgobin. These promising youngsters continue to represent our school at the national level with pride. Read Jada’s report on her Commonwealth Day experience at the Parliament, and learn more about Nodesh and his many competitions and achievements .

As we celebrate Mother’s and Father’s Day, we recognize our staff in their roles as the mothers and fathers of PTESS. We also join with the rest of the country in celebrating 172 years of Indian Arrival in Trinidad & Tobago.

As the academic year draws to a close, the PTESS family prepares to bid farewell to our graduating class. We wish them the very best for their future and urge them to go boldly and bravely in the direction of their dreams.

## Get Involved!

On June 5th, join with us as we kick off our Environment Day activities with a tree planting ceremony at the morning assembly. Our lunchtime exhibition focuses on this year’s global theme, “Connecting People to Nature,” where we hope you will learn about the importance of preserving the environment and your role in our eco-system.

June 5th also marks the start of English Week which aims at showcasing the subject in a new and different setting. Get involved by participating in the Creative Writing Competition for your chance to win fun and exciting prizes. Immerse yourself in new literary genres and check out our display of students’ work. Who knows, maybe your own pieces will be featured!

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### Announcements

- World Environment Day— June 5th (Forest Model Competition, Tree Planting, & Lunchtime Exhibition)
- English Week 2017— June 5th – 9th (Creative Writing Competition & English Display)
- End of Term Exams Begin— June 12th
- Graduation Ceremony— June 28th
- Graduation Ball—June 29th

## Global Warming and You!



We've heard it a million times before, global warming is real and we must make changes to deal with its effects now. This mantra has been drilled into our heads for years, used as a weapon to force us to change our bad habits. But what exactly is global warming? Global warming is the increase of the Earth's average surface temperature because of greenhouse gases, such as carbon dioxide emissions from burning fossil fuels or deforestation. For many years, global warming was believed to be a myth. However, extensive studies from the scientific community has provided us with evidence which proves that global warming is real. Let me put it into perspective for you. Consider morning and afternoon assemblies; you know that feeling of intense heat as if you're being cooked alive? That, my friends, is an effect of global warming.

Now I know what you're thinking. That's not my fault and why should I care? Surely the actions of one cannot make a huge difference in the grand scheme of things! Well we are all responsible for our actions. Every person produces a carbon footprint. This is the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organization, or community. So, every piece of garbage we produce

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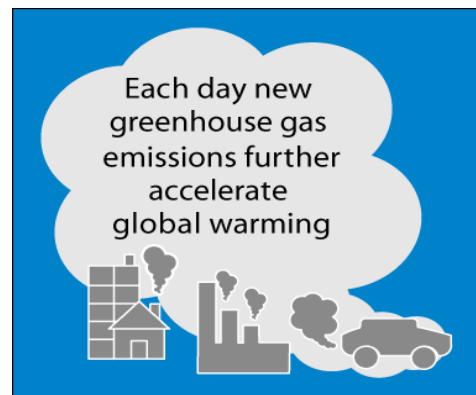
*“Ultimately, whether your initiatives are big or small, we must remember that it's not the waste on the streets and the factories which destroy the environment, it's people.”*

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and every lightbulb we leave on contributes significantly to climate change. This footprint can be compared to stepping on wet concrete. After you've made your mark you can never take it back.

In Trinidad and Tobago, natural gas is used to make electricity. Did you know that electricity generation is one of the leading sources of greenhouse gas emissions globally? As a fossil fuel based economy, Trinidad and Tobago is a huge producer of greenhouse gases and guilty of contributing negatively to climate change. It is clear that climate change is inevitable and as an energy based country we must work towards charting a low carbon path and lessening harmful gas emissions in the future.

Ok, so what can we as individuals do to help? We can start by making small changes to our everyday routines. We can monitor our use of electricity by hand washing our clothes and hanging them out to dry rather than simply tossing them into the washing machine and dryer. On the rare day that it's not blazing hot, we can turn off the air conditioning and open a window instead. The use of pesticides and fertilizers produce greenhouse gas emissions and are a big enemy of our planet. We can grow our own vegetables by planting a backyard garden and composting to produce natural fertilizer. This way we are reusing our garbage instead of passing it off to be dealt with by our environment. We should aim to reduce the amount of waste we produce daily and get in the habit of recycling. Imagine if each student of Princes Town East Secondary School made the simple decision of getting reusable water bottles. Such a small change can contribute greatly towards reducing the amount of plastic bottles we discard every day. This would mean less plastics ending up in our landfills.



These simple solutions have one thing in common; will. Humans have overcome many obstacles simply through sheer force of will. I am encouraging every one of you to get involved now and start advocating for clean-up projects in your community. We must all play our part in saving the environment and ourselves in the process. Ultimately, whether your initiatives are big or small, we must remember that it's not the waste on the streets and the factories which destroy the environment, it's people. The only way we can make a difference isn't through endless lectures, it is through changing our habits now, before it is too late.

*By: Denyce Baptiste – Form 4:1  
(Under the guidance of Ms. K. Ganness)*

## **Peace-Building for World Commonwealth Day 2017**

*Trinidad and Tobago joined with other Member States of the Commonwealth in commemorating World Commonwealth Day 2017. Our very own Jada Hercules was selected to represent Princes Town East Secondary School at the event which was held on March 13th at the Parliament of Trinidad and Tobago in Port of Spain. The following report gives an account of Jada's experience and what she learned from the event.*

Commonwealth is an international association of 53 nations united by ties to former British rule. The Commonwealth of Nations is a group aligned to create ongoing prosperity in these countries. Each year a theme is chosen for Commonwealth Day, around which the events are centered. The theme also helps to guide activities by the Commonwealth organization throughout the year. This year I was honoured to represent my school at the Commonwealth events which promoted the theme: A Peace Building Commonwealth. At a time of increasing instability and uncertainty in the world, the Commonwealth family of nations in its rich diversity becomes an ever-more needed source of strength and hope for all its members.



*Jada Hercules*

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*“At a time of increasing instability and uncertainty in the world, the Commonwealth family of nations in its rich diversity becomes an ever-more needed source of strength and hope for all its members.”*

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Representatives of various secondary schools around the country were involved in activities which were well presented and interactive, and included drama and discussions. The drama pieces presented scenarios which highlight cyber bullying and violence, both of which occur in society today. After each scenario, students were asked to give their opinions to change the scenarios so they would end positively. Students were further given the opportunity to speak out about violence and give their opinions about ways to reduce it. A quote by Martin Luther King Jr. was mentioned “*Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Hate cannot drive out hate, only love can do that.*” This supported what was taught; that non-violence begins with us, in our thoughts, in our words and in our actions. Commonwealth Day not only taught me these things, but gave me a chance to meet new people and make new friends and I am grateful to have experienced it.

*By: Jada Hercules – Form 4:1*



## Nodesh Balgobin is Gaming to Glory



*Nodesh Balgobin*

*Nodesh Balgobin is a form 2 student of PTESS who is always challenging himself by entering national competitions. This academic year, Nodosh participated in several national competitions which included Scrabble, Chess and Rubik's Cube Underwater. The following report gives an account of his experiences and achievements.*

The Scrabble Association of Trinidad and Tobago hosted several Scrabble tournaments across the country. The championship was held at St. Augustine Secondary where qualifying players competed for the title of best national scrabble player. I wasn't surprised when I placed 4th overall because I put in a lot of practice leading up to the tournament. However, I didn't know that an opportunity to travel to France was up for grabs. It is exciting to know that if I continue to do well I could qualify for France next year to compete internationally.

While Scrabble is a game of words, Chess is a game of strategy. I knew this tournament was going to be a great challenge for me because I had to face many talented players. The competition focuses on national ratings and was held at the Southern Academy for the Performing Arts (SAPA). Looking back, I can say that those three games at SAPA were surely the hardest of my life. It felt as if I was competing against machines. Currently my rating is 1639, which places me around the 34th best player in the country.

My most recent competition was the Rubik's Cube Underwater challenge which was held at the Hyatt Regency Hotel. Many people find solving a Rubik's cube hard as it is. Well, solving one underwater is even harder. This competition had several categories which included relays, two-handed, single-handed and blindfolded. However, the most difficult category was solving the Rubik's cube with your feet! In the end, I emerged with the 2nd best time in the country which makes me feel very proud of myself.

*By: Nodosh Balgobin – Form 2:5*

## SAFETY FIRST!

Every year many people are injured because of accidents which take place in the home and workplace. These accidents are usually caused by a lack of knowledge of safety practices, carelessness or inability to manage time, space and energy effectively. Safety refers to the prevention of accidents, but in the event of an unforeseen injury, **First Aid CAN SAVE LIVES**. First Aid Training gives both children and adults critical knowledge and confidence to effectively manage an emergency without fear or confusion.

A First Aid Kit should always be kept in the home and food preparation areas to treat both minor and major injuries. First aid trainees know exactly what's in their first aid kit, how to use the contents, and the various ways to react in an emergency. On the 26th of April, 2017 the students of the 4:2 Food, Nutrition & Health class donated a well-equipped First Aid Kit to the Princes Town East Secondary Food Lab! It contained emergency contact numbers, a copy of an Incident Report Form (furnished with rules for completing it) and a list of all the first aid materials and its uses.



*Donating our First Aid Kit to the PTESS Food Preparation Lab (Received by Lab Attendant – Ms Danalee Antoine)*

*- Ms. M.H-Mejias.*

## Celebrating Mothers and Fathers at P.T.E.S.S.

### Recognizing Our Retired Staff

This academic year, PTESS bid farewell to three members of staff who served our school selflessly. The staff and students wish to thank them for their service and wish them the very best on their retirement.

**Mr. Noel Crawford**, woodwork teacher extraordinaire, started teaching at PTESS in 1991. Very pleasant, cooperative and always with a smile, Mr. Crawford served our school with distinction and worked tirelessly in all aspects of school life until his retirement last year.

- Mr. Phillip Rocke

**Mrs. Mirah Ramdath**, an amazing teacher from the science department who went beyond the call of duty for her students. She dedicated 16 years of her teaching career to PTESS and was a role model to many.

- Mrs. Shannon Ramquar-Deonarine

**Mr. Shanaz Baksh** received his secondary education at Naparima College and his tertiary training in Canada and at home at the University of the West Indies. He entered the teaching service on 4th January, 1982. Mr. Baksh was appointed as Principal of PTESS on 2nd September, 2010. He came in during a very dynamic period, with deshifting conversion and construction in full gear. Mr. Baksh steadied the ship under very trying circumstances. He will be remembered for his precision and data-driven style, knowledge of procedure and timely delivery to his superiors. Mr. Baksh retired on the 17th April, 2017.

- Mr. Anthony Ali (Ag. Principal)

### My Superhero

I have a superhero,  
That cheers me up when I'm blue.  
Always compliments me in everything that I do.  
Does the dishes, laundry and even cooks too.

I have a superhero,  
Without a cape or crew.  
Kind, loyal and true,  
I hope all children have one too.

She makes me laugh,  
She makes me smile,  
Despite all things,  
She gives me her time.

Do you know my superhero?  
Who's full of goodies and goodness.  
Goes out of her way,  
Whenever and wherever I need her.  
Yes! You guessed it, it's my mother.

Thank you, superhero,  
For making my day.  
For always being ready,  
To help me through life each and every day.

By: Jeremy D. Bridglalsingh—Form 1:4



## “A Father’s Struggle”

Jeremy could remember the accident as if it had happened yesterday. The loud crash. The smell and taste of fresh blood. The blaring of sirens before everything faded to black. When he awoke in the hospital he got the horrifying news of his mother’s death. He knew things would never be the same but he didn’t expect this pain a full year later. He missed his mother terribly but it felt as though he’d lost his father that night too. After his mother’s death, Jeremy’s father buried himself in his work, causing them to rarely spend time together.

The holidays were approaching and Jeremy remembered the trip to Disneyland his mother was planning for the family last year. It was the perfect opportunity for his father to take a break from his work and for them to finally spend some time together. “Maybe things could start going back to normal again,” he thought. So that night, Jeremy approached his father with the holiday plans.

“Dad, can we still do that Disneyland trip mom was planning? I really want to go. I think it would be good to take a break.”

“Jeremy, we can’t. Things are very busy at work and I just don’t have the time for holidays.”

This aggravated Jeremy awfully and he yelled at his dad.

“You never spend time with me! All you do is work and work! I wish mom was still here and that you had died instead!”

Jeremy stormed out of the room and slammed the door so hard that the walls shook. He didn’t want to hurt his dad but he couldn’t hold it in any longer. He was angry.

His father tried to be composed but his son’s words cut deep. The sad thing is, he couldn’t help agreeing with Jeremy. He’d always blamed himself for his wife’s death since he was the one driving the car that tragic night. He felt like he had no choice but to set aside his grief and dive into his work. After all, the bills didn’t stop coming and the house didn’t run itself. How could his son understand the struggle of coping with such a burden? He sat on the couch and thought of all the plans he and his wife had for their future. Their hopes and dreams which were all taken away in an instant, and he collapsed in tears. He hadn’t only lost his wife, he’d lost his support system.

Jeremy could hear his father’s sobs from his room. At that moment, he realized what he said to his father was unfair and he felt horrible for hurting the only person he had left. He could tell that his father was in pain, just as he was, because neither of them was prepared for what the future had in store and the only way they could face it was together. He went to his father, hugged him and said, “I’m sorry for what I said. I didn’t mean it. Everything is going to be alright. I know you miss mom too and we will get through this together. Although mom isn’t here physically, I know that her spirit is with us and she is watching over us always.”

By: Asha Mohammed - Form 3:1  
(Under the guidance of Ms. K.Ganness)

### Students’ Voice



This term we celebrate Mother’s and Father’s Day at PTESS and recognize the varied roles of our staff. We asked students, “**Which member of staff inspires you?**” Here are some of their responses:

**Raeann Seeraj 3:5** – “Ms. Ramrekha inspires me because she encourages us to always focus on our school work and to strive for success.”

**Alicia Joseph 2:3** – “For me, that person is Ms Hosford-Mejias, because she taught me the importance of being kind to others.

**Justin Balkaran 3:4** – “I admire Mr. Anthony Ali’s pleasant and humorous nature. He is always making jokes with students which makes us feel comfortable.”

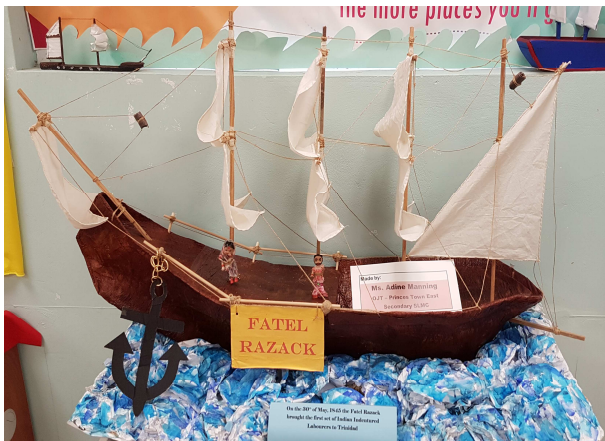
**Tyrell Rock 3:3** – *“Apart from the teachers, Mr. Ryan inspires me because he takes his job as School Safety Officer very seriously and is effective at what he does.”*

**Cermelia Ridley 4:5** – *“I am inspired by all my teachers but specifically Ms. Jahoor. She is a pleasant person and good at her subject. She inspires me to want to further my study of business in the future. I also look up to Ms. Gomez because she might be strict but I know it comes from a caring place.”*

**Alphaeus Baptiste 1:5** – *“Mr. Johnson is always upbeat. I admire that in a person.”*

**Christina Brereton 3:4** – *“It is difficult to choose just one person so I would have to say both Ms. Arjoonsingh and Ms. Joy. They are caring teachers and are approachable outside of the classroom.”*

## Celebrating 172 Years of Indian Arrival



*A model of the Fatel Razack.  
Part of the Indian Arrival Display at the PTESS Library.*

The first arrival of East Indian indentured labourers to Trinidad from India happened in May 1845. They travelled by sea on a ship named *Fatel Razack*. The *Fatel Razack* brought not only a new labour force to assist in the economic development of Trinidad and Tobago, but also a new people with a new culture. They came to work on the sugarcane plantations after slavery was abolished in the 1830's. This year commemorates 172 years since they first arrived.

Indian immigration to Trinidad spanned the period 1845-1917. During this time 140,000 Indians were transported to the island. The journey was long and difficult and living conditions were deplorable. After disembarking at Nelson Island, the arrivals were sent to the various estates throughout the county.

Although they were promised a free return passage back home, at least 75 percent of them stayed and settled on the island. In many ways, they brought India to Trinidad. They continued with their traditions of Hinduism and Islam and eventually transformed Trinidad into a colourful cosmopolitan society with their introduction of new styles of dress, music, songs, dance, language, cuisine and customs. Some of the festivals that originated include Divali, Phagwa, Hosay and Eid-ul-Fitr. You can get more familiar with these by joining in on the festivities.

Indian Arrival Day is now celebrated on May 30th every year. This momentous event has been observed for many years by the East Indian community in Trinidad and Tobago. However, it was not until 1994 that it was made an official public holiday. It was initially called Arrival Day, but in 1995 was renamed Indian Arrival Day. On this day, people celebrate by staging re-enactments of the arrival of the *Fatel Razack* at various locations throughout Trinidad and Tobago. You can view various artifacts and learn more about the East Indian ancestors and their roots at the Indian Caribbean Museum located at Waterloo, Trinidad. It's always great to know more about your country's history so drop by and visit your school library for more details.

- PTESS Library Staff.

## The Importance of Family

A strong family unit is one of the basic building blocks of society and can provide comfort, motivation, support and love to all members. To develop a strong family, each member must assume roles and responsibilities. Parents are typically viewed as the leaders and providers while children are expected to follow and absorb. However, deciding on the roles of each family member can sometimes lead to disagreements between parents and children, particularly during the teenage years. These problems can be avoided by adhering to some basic customs and traditions of society. For example, when children practice **obedience** and **respect for their elders** and display **discipline**, family tension can be avoided.

Achieving family unity is critical to the success of any family unit. Some ways you can achieve family unity includes, planning and participating in family events, having meals together, and collaborating on tasks like chores and homework. Spending quality time together serves as a foundation for building closer, stronger relationships. Family members feel supported and have better coping skills. So, think about the type of family you would like for yourself and use these ideas to enhance your current family unit.

- Ms. Uta Maharaj (Guidance Counsellor)

## A Message to the Graduating Class of 2017: Be Bold, Be Brave, Be You!

Graduation is an exciting time for students. It marks both an ending and a beginning, with warm memories of the past and big dreams for the future. This is the time Princes Town East Secondary School says farewell to you as form five students. You are now written into the history of this school as the last group of our all-girls classes and the very first group to start at this new school structure from the form one level. Five years would have seemed like forever to you when you first stepped into the school's hallways, but now we realise how swiftly time flies.

This is a bittersweet time for the staff. We are happy to see that you've grown into young ladies about to embark upon life, but we are also sad to see you leave. We have hopes that you will meet with your hearts' desires in all aspects of your lives. As you make your mark on the world, we hope to hear of your experiences and triumphs. Graduates, we urge you to **be bold, be brave and always be you!**

Remember the past, live in the present and look forward to the future.

May your graduation be just the beginning of a lifetime of fulfilment for you.



- Form Five Form Teachers.

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