



The PTESS Newsletter

We're Back!

Following a year of many challenges for students and staff, the PTESS Newsletter is back for its third issue. We reflect on Graduation 2018 by recognizing our shining stars, with a feature article highlighting this year's Valedictory Address. Here, Sherry Ramtahal and Denyce Baptiste reminisce on their five years at PTI and share with us the importance of never giving up on our dreams.

Two of our talented students, Alicia Joseph and Nikkela Nicholas, placed PTESS in the spotlight with their participation in the LSA's National Art Competition. Alicia's artwork catapulted PTESS to the very top, with her winning piece entitled "Poverty is Hell." Read all about these students' motivation to participate in such a competition and the inspiration behind their creative piece.

Speaking of talented individuals, did you know that our very own VP Mr. Ali is a chef in his own right? Find out what happened when he surprised some Food, Nutrition & Health students for their practical session.

As PTESS continues to engage students in meaningful activities which connect them to real life, we highlight our Library's initiative with the police, to discuss pertinent issues related to juvenile delinquency and bullying. Additionally, we recognize the work being done by Student Support Services to help forms one and two students cope with adolescence.

Get Involved!

Participate in our Career Day on October 19th, where you can interact with members of the business community and gain valuable knowledge about the world of work. This is a perfect opportunity for career counselling and networking.

On October 25th and 26th, English and Spanish will join forces to host its Language Days. Take a break from your usual routine and experience a new perspective of language learning. Get involved in our interactive displays, games and fun activities!

Don't forget to participate in the many Divali competitions as we are ready to celebrate the festival of lights. There are lots of prizes to be won.

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Announcements

- World Teacher's Day - Oct 5th
- Career Day - Oct 19th
- Language Days - Oct 25th & 26th
- Divali Programme - Nov 2nd
- Universal Children's Day - Nov 20th
- Blessing of Creche and Achievement Day - Nov 20th
- End of Term Exams Begin - Nov 22nd
- Christmas Concert - Dec 12th

Princes Town East Secondary Welcomes Dr. Renwick Paul

It is with extreme joy that I take this privilege, on behalf of the staff and students, to welcome Dr. Renwick Paul to Princes Town East Secondary School. Dr. Paul comes to us with a wealth of experience as an educator having worked in various educational districts, spanning primary, secondary and tertiary levels. Within recent times, Dr. Paul served as the Acting Vice Principal at the Tableland High School. He is very passionate about teaching and learning students as well as adults. He is highly disciplined and pays great attention to detail; qualities he hopes to develop both students and staff.

Within a short time, Dr. Paul has made a difference to the operations of our school. There has been marked improvement in the maintenance of the school plant which has seen severe challenges over the period.

Dr. Paul has come to us at a very pivotal time in our school's development, as one writer puts it, "for such time as this." His academic training will serve our institution well as he seeks to develop the Visual and Performing Arts block for use by staff and students. We look forward to his continued contribution as an instructional leader at Princes Town East Secondary School.

Dr. Anthony Ali
Ag. Vice Principal
Princes Town East Secondary School

"Dr. Paul has come to us at a very pivotal time in our school's development"

A Message from the Principal



*Dr. Renwick Paul
Ag. Principal*

I was thrilled to be appointed to Princes Town East Secondary as Vice Principal and immediately started acting as the Principal in early September. My first impression of the school was one of excitement. The many challenges can lead to depression but I am hopeful about the school's massive potential.

Indeed, I have had to address issues of terrible water infrastructure, sewer problems and idle buildings but my team and I have addressed these issues one by one. We intend to make PTESS the premier institution in the South Eastern Education District.

I feel honoured to implement a new image for the school. I see attitudes changing and teachers are excited about the future. Our students and parents are beginning to get involved. According to motivational speaker Les Brown, "it ain't over til I win." We will win. Success is around the corner.

Dr. Renwick Paul
Ag. Principal
Princes Town East Secondary School

Graduation 2018 – The Valedictory Address

Keep calm guys, we made it. We're graduating. Today are the stars, and as we venture into uncharted territories, we must continue to shine. But what does being a star really mean you might ask? Well, we came up with an anagram:

S- Survive

T- Trials

A- Aspire

R- Results

Survive your Trials and Aspire for Results.

S- Survive:

Five years ago, on that early September morning of 2013, we walked through the doors of Princes Town East Secondary School. Our arrival here marked a new milestone, as we were the first batch of mixed students, since the school had previously been all girls. High school was a new challenge and I'm sure we all felt a swirl of emotions. Some of us may have had adrenaline pump through our veins while others, like me, felt a bit nauseous. I'm sure we all wondered "How am I going to fit in? How am I going to survive?" But as the term progressed, we all gradually fell into step, as we adapted to our new environment. We forged new friendships with our peers and became comfortable with our teachers. We realized that P.T.E.S.S wasn't all work and no play. We looked forward to the annual marathon, which encouraged friendly competition amongst both students and staff of the four rivaling schools. Throughout this time, there was excitement in the air, as we came out and represented our houses by participating in various activities through the community.

We also engaged in cultural programs such as Christmas and Divali, which allowed us to become more immersed in each other's cultures. Our annual Achievement Day celebrated the excellent performance of students and motivated us to do better. And remember the time we got to wear our funky socks to come to school? It was the most fun and engaging way to learn about, and get involved, in World Down Syndrome Day. All of these fun activities literally helped us to survive our time here at P.T.E.S.S. Which brings us to the second part of being a student:

T- the trials:

Where do we even start with this? At some point, we started believing that the rumour of our school being haunted by one of the construction workers, had to be true. There was just one problem after another. It's a miracle we're even graduating at all! It wasn't all bad though, not at first. We actually had a functioning school that we came to five days a week. The AC was so cold that jackets became a part of our school uniforms. Back then, you could be getting out of a maxi at 7:54am and still make it to assembly on time, because we were allowed to use the short gate. Back then, we were just happy and free.

Things weren't perfect, but we were resourceful. There was no problem we couldn't work around. No access to the field? No problem! Football matches were conducted in the halls, fully equipped with the most professional of referees shouting, "Sir Ryan coming!" at the appropriate times. No internet on your laptop? No problem! We had people to fix that for you too! Larry's wifi password for everybody! Sure, we weren't the easiest form level to deal with, but those memories, and the pursuit of mischief, bonded us together. It turned classrooms full of strangers into family. Of course, like any family, we had disagreements, but at the end of the day we had each other's backs. Which is why it was so difficult, when our school's malfunctioning AC system, began forcing our family to start splitting up. Hot classrooms resulted in early dismissals every single day, and we were all faced with the toughest decision, whether we should stay, or go.



Denyce Baptiste and Sherry Ramtah

“The difference between the impossible and the possible lies in a person’s determination

But the myriad of trials we faced at school really helped to prepare us for the real world, and real-life situations. We were determined to succeed. We realized that if we truly wanted to shine, we had to embrace it. **A in star and Aspire for our goals.** This was the year our dreams were in sight. With the encouragement of our parents, we never faltered. And with the help of our teachers, who went the extra mile to deliver the curriculum, we were able to persevere during those trying time

Our struggles continued into our fifth and final year, and as times grew tougher, we continued to rise challenge. A shift system was developed, for us to use some of the classes of our neighbouring school three c week, to ensure the syllabus of each subject was completed. I’m sure you will all agree, that the only thing about that arrangement that excited us, was their well-stocked cafeteria.

As the days grew shorter, our faith began to shake. We began losing motivation, as we became mentally emotionally exhausted. But whenever I was on the verge of giving up, I would remind myself that “the difference tween the impossible and the possible lies in a person’s determination.” We had to be resolute. We couldr sight of our dreams, goals and aspirations for a brighter future, because we, were destined for greatness! We v relentless in our quests to complete each S.B.A, and with the help of our teachers and the I.T technician, Miss Sunita, we were successful.

“And now, here we are today, proving that we never gave up. That we are indeed resilient. We are no longer the same people we were when we first walked through the doors of PTESS. Instead we are stronger.”

Before we knew it, exams were upon us, and we all turned out in our numbers to write our C.S.E.C examinations. We went into those exam rooms, saying our silent prayers and hoping for the best, as we conquered eac am. And now, here we are today, proving that we never gave up. That we are indeed resilient. We are no longer the same people we were when we first walked through the doors of P.T.E.S.S. Instead, we are stronger. The trials and experiences we encountered here at P.T.E.S.S, has made us better, more courageous individuals, ready to begi next chapter of our lives.

And this is the R in Star. The Result.

Our five years at P.T.E.S.S has indeed been extraordinary. We overcame all of our challenges and embraced both our good times and bad. As we proudly stand before you today, with our heads held high, we extend our r heartfelt gratitude to our teachers, for all their assistance, and our parents for their love, support and understandin; You all played important roles, which led to the successful completion of this phase of our lives. To our fellow mates, when we leave this year we won’t be coming back, no more hanging out because we’re on a different track. But as we go on we’ll remember all the times we had together, and the bonds developed here at P.T.E.S.S will fore be engraved in our hearts. May we continu **towards excellence** in all our future endeavours. Stay Calm and Shine. Let’s be the stars that we were destined to b; May God bless us all.

*By: Sherry Ramtahal and Denyce Baptisi
Valedictorians of the Graduating Class of 201*

Our Top CSEC Performers



It gives us great pride to highlight the achievements of the 2018 Valedictorians. These students have marked milestones in the academic history of PTESS. **Denyce Baptis** is the first student to obtain three distinctions (Biology, English A and B) and **Sherry Ramtahal** is the first student to obtain Grade I in Geography. Both young ladies were exemplary students and were successful in obtaining passes in seven CSEC subjects. They are currently pursuing CAPE at St. Stephen's College.

It must also be recognised that seven subjects were also awarded to **Parbati Sookdeo** and **Tsai Ann Rahim**. Two students, **Lissa Nurse** and **Priya Seedath**, passed six subjects, while six students passed five subjects. There were also 100% passes in both

Spanish and Physical Education and Sport

It is worth mentioning that several of our students are now pursuing tertiary education at various institutions and we wish them success in all their endeavours. Furthermore, our 2012 valedictorian, **Christian John**, is graduating from The University of the West Indies St. Augustine in October. PTESS is proud that our students, both present and past, continue to uphold our school's motto as they strive "Towards Excellence".

- Ms. D. Ramrekha - Mohammed.

PTESS Wins National Art Competition

The Land Settlement Agency hosted a National Art Competition for Primary and Secondary Schools. PTESS students **Alicia Joseph** and **Nikkela Nicholas**, used their creativity and critical thinking skills, to develop innovative 3D model representations for the competition's theme, "Squatting Affects You and Me." In the following interview, Alicia and Nikkela share the inspiration behind their artwork, what they learnt from participating in, and winning, the national competition.

PTESS Newsletter: Alicia, congratulations on winning the LSA's National Art Competition! How does it feel?

Alicia: Thanks. It feels good to win and to put PTESS in the spotlight. It also feels good to win a MacBook Air Laptop!

PTESS Newsletter: What motivated you to participate?

Alicia: Having a past primary school friend living under squatting conditions: my inspiration to enter.

Nikkela: I wanted to highlight the living conditions of squatters.

PTESS Newsletter: What was the inspiration behind your piece?



Alicia's winning 3D model entitled "Poverty is Hell"



Alicia Joseph with her 1st place prizes

Alicia: I wanted to show the hardship of squatting which is linked to poverty, so I chose the theme "Poverty is Hell" for my piece.

Nikkela: I wanted to highlight the plight of squatters who are regular people like you and me.

PTESS Newsletter: What did you hope to achieve by participating?

Alicia: I wanted to make the public aware of the terrible conditions under which squatters live with the hope that they can get help.



Nikkela Nicholas

Nikkela: I wanted to raise awareness about squatting which is a growing problem facing citizens. It is alarming that many squatters don't have a choice.

PTESS Newslette The LSA had a display of participating students' artwork at the Gulf City Mall Atrium to sensitize the public on the effects of squatting. How do you feel to be part of this national campaign?

Alicia: It feels good to be a part of this campaign. I saw people looking at my piece and reading what I wrote. Raising awareness for the issue of squatting pleases me.

Nikkela: I felt proud to have my piece displayed to the public and I hope it helped to bring about awareness for this national issue that affects us all.

PTESS Newslette What advice do you have for students wanting to take part in national competitions but are afraid?

Alicia: Our greatest weakness lies in giving up. If you just have faith in God and believe in yourself you can become a winner too.

Nikkela: Don't let fear hold you back from doing your best. In the end you will regret never trying.

Alicia and Nikkela would like to thank Mr. Tariq Ali who told them about the LSA's National Art Competition and encouraged them to participate. They would also like to thank their families for their support. They both intend to continue challenging themselves by participating in more competitions in the future.



Nikkela's 3D Model entitled "Squatting on the Trainline"

Celebrating World Teacher's Day at PTESS



Observed on October 5th every year, **World Teacher's Day** focuses on "appreciating, assessing and improving the educators of the world." It is a day for dialogue, aimed at generating global awareness for issues related to teachers and teaching. This year's theme, "**The right to education means the right to a qualified teacher,**" reminds us that teachers are the heart of the education system.

It is often said that teaching is not a profession, it is a passion. At PTESS, it is this passion that drives us to overcome our challenges. This year, the PTESS family celebrated World Teacher's Day with a lunch for both teaching and non-teaching staff. In addition to good food and great conversation, staff enjoyed an interactive session with local small business owners

who shared their knowledge and passion for creating their handcrafted health and beauty products. They reminded staff of the importance of self care; that the only way we can care for others is to firstly care for ourselves.

- Ms. K. Ganness

Curriculum Integration

Curriculum integration involves extracting similar themes covered in different subject areas and applying them in teaching specific topic. This method of instruction takes into consideration the learning requirements of students and focus teaching them rather than the subject. At PTESS, curriculum integration is seen as a means of capitalizing on the hi resources of the school. It allows for greater understanding as students are able to make connections and develop hi level cognition. Students appreciate this approach to learning since it is more studei -centered and it makes learning fun.

Library Conducts Police Lecture



From the Left: PC Mitchell, Cpl Nana and Sgt. Ramlogan

International School Library Month (ISLM) is celebrated in October to highlight the importance of school libraries and to celebrate everything great about them. The 2018 theme for ISLM is “Why I Love My School Library.” It is based on the theme “**Innovation, Information and Impact of School Librarie**

This year Princes Town East Secondary School Library Media Center sought to highlight its impact on the community through the importance of students’ contribution to society. A Team of officers from the Princes Criminal Investigations Division were invited to speak to students of Form Tw concerning juvenile delinquency and bullying. Sargent Roland Ramlogan, Corporal Neil Nanan and PC Mitchell, conducted an interactive session with fi two students highlighting, drug usage, smoking, truancy and bullying. Studer were urged to be team players, assist each other in all walks of life and change their attitude to ensure a brighter futur

- The PTESS Library Staff

In the Kitchen with Chef Ali

Food, Nutrition and Health deals with the scienc of food, planning, preparation and service of meals for th health and well-being of individuals. On October 9th, our very own Vice Principal Mr. Anthony Ali, was the guest chef at 4:3’s Food, Nutrition & Health Culinary Experienc He brought excitement and demonstrated how to prepare the main course of a two-course meal.

Throughout the presentation, Chef Ali made su to actively engage the students by connecting every life, current events and subjects such as Math and Science into the cooking process. This venture allowed students to make the link between what they learnt in their theory sessions and real life cooking. Chef Ali showed students how to prepare a main course of baked chicken, fettuccii in white sauce and roasted vegetables. Following this, students dined in fine style.

- Ms. M. H-Mejias



Students look on as Ag. Vice Principal Mr. Ali demonstrates cooking methods.

Bridging the Gap: Transitioning into Adolescence



The transition from Primary to Secondary school can be stressful even when it is eagerly awaited. Young people move from a social setting in which they are the oldest and most competent, to one in which they are physically the smallest, the least experienced, the lowest status, and have the fewest privileges. They must master a new set of academic expectations and social arrangements. Additionally, the growing importance of peers and the emergence of romantic attachments introduces a whole new set of potential stressors, including those that lead back to parents.

In an attempt to bridge the gap between Primary and Secondary school, and to address the issues that accompany adolescence, Student Support Services teamed up to conduct an initiative entitled **“Transitioning into Adolescence.”** This initiative engaged forms one and two students in interactive sessions covering the following areas:

- Transitioning into adolescence —physical, emotional and social changes
- Teenage sexuality.
- Coping with peer pressure.
- Tips and strategies to assist in coping with teenage angst.

We hope that these informative sessions empower our students to make positive choices during this period in their lives.

*- Ms. N. Rampersad
(School Social Worker)*

Did you know that we are online?

Visit us at princetowneastsec.weebly.com to read this and past issues of the PTESS Newsletter

Get involved in school activities today and you can be featured in the next issue!

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