

ISSUE 1

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MBHS

Perspective

"ARISE & BE BOLD"



EMAIL:



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You are invited to send your articles, poems, thoughts, art work or announcements to mbhserspective@gmail.com. Or visit the Guidance and Counselling Department of Morant Bay High School.

GUIDANCE CORNER

Decisions relating to your future may be some of the most important decisions that you will make at this stage of your life. As you start thinking about one or more potential educational and career paths, here are 10 things to remember in the days ahead:

- 📌 Take time to think about what you like to do, and dream and imagine ideal careers
- 📌 Challenge yourself in high school, but don't overwhelm yourself.
- 📌 Work, volunteer, or otherwise gain some experience.
- 📌 Get as much education as you can.
- 📌 Talk with as many adults as possible about careers and colleges.
- 📌 Remember that everyone must follow his or her own path in life.
- 📌 Don't let anyone control your dreams and ambitions.
- 📌 It's never too early nor too late to get organized and begin making plans.
- 📌 When applying for colleges and scholarships, apply for as many as you can; it costs nothing but time

Remember, see your Guidance Counsellor for Career Counselling if you are unable to determine a path for your future.

“A goal without a plan is just a wish”- Antoine de Saint-Exupéry

Joel Logan
Guidance Counsellor

BREAST CANCER AWARENESS

WHAT IS BREAST CANCER? Breast cancer is a disease in which cells in the breast grow out of control. It can begin in different parts of the breast

WHAT ARE THE FACTORS THAT CONTRIBUTE TO BREAST CANCER

- Being female.
- Increasing age.
- A personal history of breast conditions.
- A personal history of breast cancer.
- A family history of breast cancer.
- Inherited genes that increase cancer risk.
- Radiation exposure.
- Obesity.
- Beginning your period at a younger age. Beginning menopause at an older age.
- Having your first child at an older age.

HOW TO TEST FOR BREAST CANCER

IN THE MIRROR: Check for any changes in the normal look and feel of your breasts such as dimpling, size difference or nipple discharge.

Inspect four ways: arms at sides; arms overhead; firmly pressing hands on hips and bending forward.

Lying down: Lie on your back with a pillow under your right shoulder and your right hand under your head. With the four fingers of your left hand make circular motions, follow an up and down pattern over the entire breast area, under the arms and up to the shoulder bone, pressing firmly.

WHILE BATHING: With your right arm raised, check your right breast with a soapy left hand and fingers flat using the method described under step 2. Repeat on the other side.

**WRITTEN BY: MIKAYLA MYLES
TEEKA BLACK**

Facts About St. Thomas

DID YOU KNOW THAT...

1. Under the Spanish rule St. Thomas has several cattle pens. These names still exist today. These include Danvers Pen, Grants Pen, Duhaney Pen.
2. Serge Island was once a sugar estate.
3. The Morant Bay Rebellion took place October 11, 1865.
4. Rumstore Plaza was once a wharf.
5. Bowden Wharf was active from the 18th to 20th century. Persons travelled from Bowden to England.
6. Dalvey is known for its practice of Kumina. Kumina is an art form and an indigenous religion.
7. The book '65 written by Vic Reidis centered around the events of the Morant Bay Rebellion.
8. When the British were capturing Jamaica, they attacked from the eastern end of St. Thomas.



Compiled by: Celine McNair

Spanish / ESPAÑOL

Say the Nationality or Country of these persons in SPANISH.

Mario es de Mexico, es _____

Maria y yo somos cubanos, somos de _____

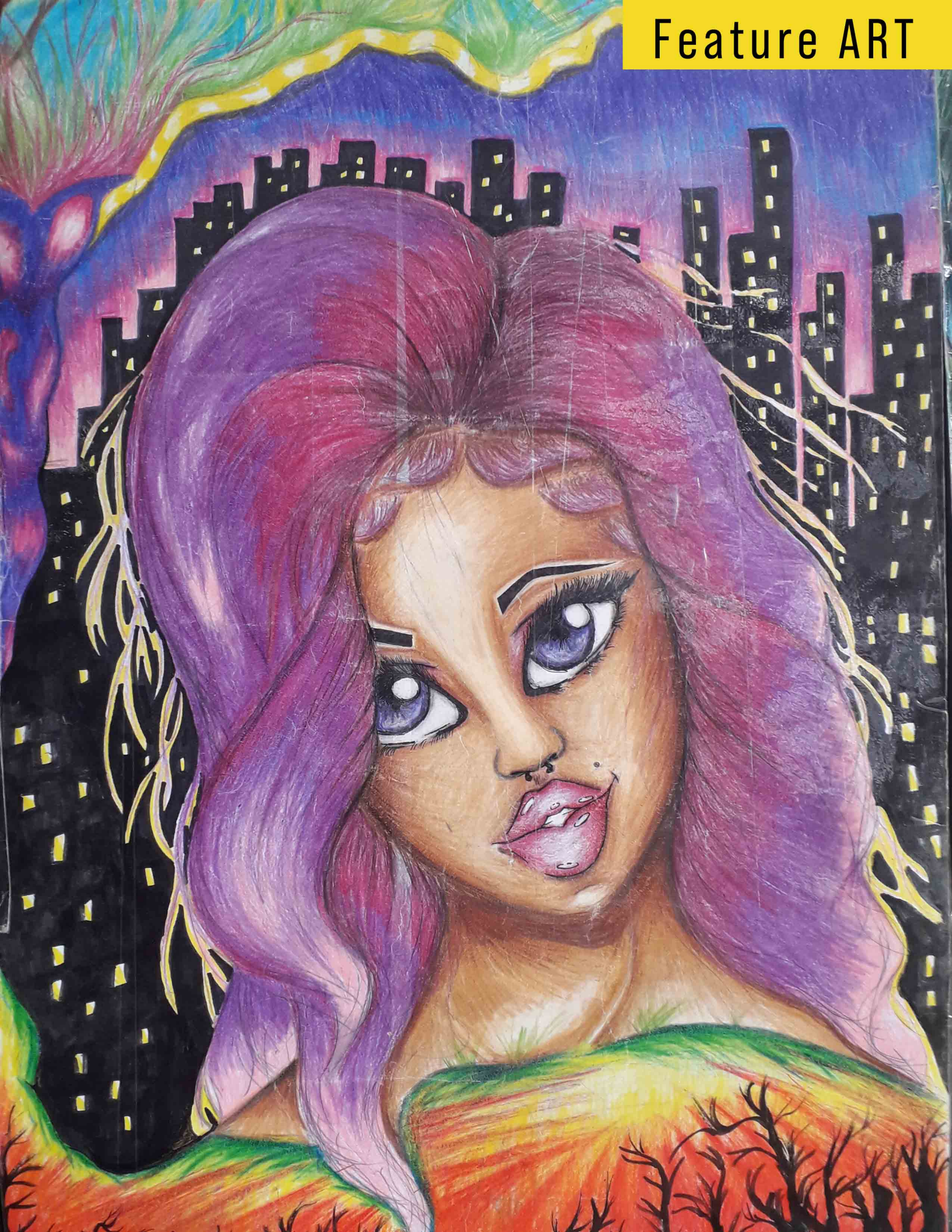
Ellos son de Venezuela, son _____

Yo soy jamaicani, soy de _____

Tu eres de Espana, eres _____

Share your answers with the Modern Languages Department.







Kerinna
MELBOURNE

Photographer: Thia Grant

True talent can never be hidden and it shall shine despite the obstacles that may be faced. Kevinna Melbourne is a perfect example of this. A current 5th former at Morant Bay High School, Kevinna has been an active member of the school's choir and would have represented the school at the annual JCDC Festival, and at other school and community events. At the tender age of seven she began experimenting with her voice; but, it was not until she started singing in church and showing off her talent in first form where her God given gift of a voice was truly recognized.

Over the years, Kevinna has entered numerous singing competitions.

The Children's Gospel Competition and the JCDC Competition are two such competitions where she has won several prizes and awards.

Her successes in these competitions serve as some of her proudest moments thus far. This is coupled with the fact that she is able to represent her parish of St. Thomas at a National level; this brings her great joy.

Kevinna shared that the hard work that goes into her victories is not always seen. Even though she was victorious in winning a gold medal, it wasn't easy as this was her second time entering. Her determination, however, allowed her to push through previous disappointments, giving it her

all. As the saying goes, 'Faith without work is dead', and she believed that this time it was perfect timing and God is always on time.

In the future Kevinna plans further her studies in Media and Business Management at the Northern Caribbean University (NCU) whilst continuing to pursue her love for singing. Kevinna's advice to her peers who wish to to pursue singing is to "Find your voice and work on who you are as a person. Always continue doing what you love and God will do the rest."

Tavoy BARRETT



PHOTOGRAPHER: THIA GRANT

Feature Story

The journey of the current University of Technology Business Administration and Marketing Major Tavoy Barrett is an inspiring and motivating story. The young scholar is a proud resident of St. Thomas, who is always ready to prove both to his country and the world that good things and great minds can come from this unrecognized parish. Tavoy's hard-work and dedication resulted in him being accepted to the top school in region two, The Morant Bay High School. He has always been a diligent student who chose to seize every opportunity that came across his path. He has served his alma mater as Assistant Prefect, Prefect, Deputy Head Boy, and a mentor in the Big Brother Society. He was also recog-

nized as 4H Boy of the year. In addition to being driven academically, Tavoy plays tennis on his own time to unburden him from the stresses of University. It's rather ironic that he can't play football but enjoys watching the sport. He is a socialite and his roles and responsibilities at UTECH allow him to participate in these social activities.

Tavoy is currently a second year student, reading for a undergraduate degree in Business Administration- majoring in Marketing. He serves as the youngest elected President of the UTech Future Marketers Association (FMA). Tavoy encourages students to make the most of their high school years, make friends and build their

connections because it is one step on the road to success. He has really made the MBHS community very proud by embracing and adding meaning to the motto 'Carpe Diem', by succeeding in his endeavors and leading others on the right path.

Written by: Maya Felix



Nkese
CRAWFORD

Photographer: Thia Grant

Feature Story

Nkese Crawford, a current student of University of the West Indies, serves as the Vice President of UWI Optimist Society, Secretary of the UWI Tourism Society and also a member of Call to Lead Jamaica, UWI Chapter.

During her duration at Morant Bay High School, she humbly served in a number of leadership positions: Assistant Prefect, Prefect, Vice President of the MBHS Students' Council, President of

the MBHS Students' Council, and Vice President of the National Secondary Students' Council (N.S.S.C)- Region 2.

Nkese was asked what she enjoyed doing for fun/leisure; She responded by saying, "I have fun in the summer, I love to travel so my major is Tourism. Most of our projects we go on are related to travelling and excursions across Jamaica so that is one of the fun things that I do."

Nkese went on to share the following advice with students: "The first thing is to put God first in everything you are doing and do not just think about academics but also think about co-curricular activities."

She added, "right now, the best thing for you is to be 'nuff' try to be in everything that you see leadership opportunities; never shy away from them. Also, be versatile in everything that you do because everybody is bright so what counts

is what you are involved in and the persons that you know."

WRITTEN BY: DRE-JHONEL SIBBLE
KENIQUE MARTIN





Mrs. Burnett-Johnson

5 Questions for:

Mrs. Burnette - Johnson

1

What are 3 things persons would be surprised to learn about you?

- 1) I love to share (I am a giver of everything, no matter how small it may be)
- 2) I say yes to all challenges, despite the difficulty
- 3) I love to bake

4

What would you say is the greatest lesson you've learnt in life?

- Gain self-esteem and motivate yourself.
- Learn to have a mind of your own and not be easily influenced.
- Be a leader, not a follower.

2

What would be in your top 3 proudest moments?

- 1) Being a child of God
- 2) Getting married. (this was in 2015)
- 3) Visiting the United Kingdom

According to 1 Corinthians

13:4-5 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Let us love each other because God is Love. Hezekiah Walker also reminds us in his song "I Need You To Survive" God Bless you all. One Love

3

What advice would you give to students of Morant Bay High School?

Put God first in everything, allow him to lead you and you will never go wrong. Allow him to lead and direct your path (Proverbs 3: 5-6)

5

If you had the power to change one thing in this world, what would it be?

Reduce/Get rid of crime and violence
Develop unity as unity is strength
Development mentorship for youths (be there for there as support)

Written by: Ashley McFarlane



Moeasha
BROWN

Pushing Past Financial Obstacles

Moeasha Brown

While attending Central High School, Moeasha Brown was definitely not one of the rich kids, but she capitalized on her educational opportunities. She recounts days where she only had bus fare to attend school that she took and made the best of. Her determination to get an education pushed her to work hard and achieve her goal despite being financially challenged and coming from a single parent home. She graduated high school with seven CSEC subjects in 2006.

Ms. Brown's progress in life earned her many proud moments:

- 100% pass for customer engagement class

- MBHS top CAP Center 2018

- First in family to attend university

- 60% to 90% pass in MBHS Information Technology CSEC 2018

Ms. Brown is a food lover ("foodie"), a big fan of football and track and field, as well as a very down to earth individual. She remains a dedicated and determined teacher, who believes with discipline anything a child puts his/her mind to they will achieve it.

Despite facing financial issues and experiencing setbacks along her journey, she worked hard and made her dream a reality. Ms. Brown advises students to not limit themselves and not let people limit you. She encourages students to have a dream, and work hard towards making your dream a reality. Success is like a wheel barrow, nothing happens if you don't start pushing. Believe in yourselves, have faith and put God first in everything you do."

Tertiary Institution:
The Mico University
College

Major: Computer Studies

Written by: Tavakay Wilmoth

A BLAST FROM THE PAST

Where are our past students now?

#MBHSCHEVENERS



British
High Commission
Kingston

Tishauna Mullings
2019 Chevening Scholar - Jamaica

Born and raised in rural St. Thomas, Tishauna Mullings has been dedicated to changing her life story. “Indomitable Tishauna” formerly attended Morant Bay High School, before matriculating to the 6th form Program at St. Hugh’s High School. She completed her tertiary studies at Northern Caribbean University where she pursued an undergraduate degree in Psychology and Business Administration. Ms. Mullings is an inspirational

entrepreneur who founded the NexxStepp Lifelong Educational Services and conceptualized the Little Genius Show. Tishauna Mullings is a proud recipient of the 2019 Chevening Scholarship. This prestigious scholarship has given her the opportunity to pursue a MSc in Development Administration and Planning at the University of London.

Written by: Kelecia Gordon

#MBHSCHEVENERS



24-year-old Shereese Graham is a past student of the Morant Bay High School. She has been the recipient of various scholarships that have given her the opportunity to explore and be more involved in the various communities of which she is a part. She is an attorney-at-law in private practice and will be pursuing a Master of Laws in International Financial Law at the University of Manchester. Being a recipient of the prestigious Chevening Scholarship, she now has the opportunity to pursue her studies so she can contribute to the strengthening of Jamaica's financial networks. to the strengthening of Jamaica's financial networks

Student Leaders' Page

**Student leaders today,
world dominators
tomorrow**

Deana-Kay Taylor
DEPUTY HEAD GIRL



ARISE & be bold

A- Aspire

R- Responsibility

i- Initiative

S- Self Actualization

E- Education

AIM for the STARS...if
you miss you will land
on the moon- unknown

Aspirations are vital in
acquiring what we truly
desire. We must aim to
be the best in all our
pursuits in order to be
successful. Do what
you love.

BIG dreams require
GREAT effort. Observe
the ants. Ants aspire to
complete tasks which
seems to be signifi-
cantly bigger than they
are. However, these
tasks are completed by
teamwork. Ants depend
on each other to be
successful. When assis-
tance is needed, it is

given. Asking for help
and knowing your lim-
itations is a part of
being responsible. Our
duty is to get a
proper education. Just
like the ants, we must
stick to the task to be
successful.

Initiative- Be a GO
GETTER. Taking initia-
tive means taking the
first step to inaugu-
rate progress. To per-
sons looking on, this
is a positive attribute
that will set you a
part from your peers.
This will also help you
in your development
throughout adoles-
cence into adulthood.

SELF ACTUALIZATION:
"To know thyself is
the begining of
wisdom"- Socrates

Carpe Diem

Being aware of your
VITALS is a key aspect
of being self aware:

V- Values

I- Interests

T- Temperament

A- Around the clock
activities

L- Life Mission

S- Strengths

"EDUCATION is the
most poerful weapon
you can use and
change the world"-
Nelson Mandela.

We, the Heads of the
MBHS student body, be
lievethat through dis-
cipline and a common
understanding among
all stakeholders, the
GREEN and WHITE
will thrive above all.

We will use this plat-
form as a medium to
promote positive be-
havior, exceptional ac-
ademic progress and
deep rooted patrio-
tism for our school.

ACTIVITIES HIGHLIGHT



"Birthday Shout-outs"



Jonnea Denton	1R	October 14
Keona Nichols	1R	Ocotber 18
Rihanna Malcom	1N	October 27
Dae-Shemelle Dacres	1N	October 27
Renae Wong	2R	October 18
Jayvion McLeod	2R	Ocotber 19
Sydonie Bogle	2T	Ocotber 21
Isiah Howell	2T	Ocotber 25
Sabrina Wlaker	2T	October 26
Jada Lewis	3R	Ocotber 14
Simone Best	3R	Ocotber 15
Adana Anderson	3N	October 15
Lola Brown	3T	Ocotber 22
Lori Ann Hunter	3T	Ocotber 25
Djoney Wright	3N	October 27
Amoy Mannings	4N	Ocotber 15
Dajanae Logan	4M	Ocotber 19
Colin Davis	4A	October 24
Alexia Bernard	5R	October 16
Asasha Zcodrington	5M	October 23
Ashantia Stanley	6L2	Ocotber 24
Beyonce Taylor	6UI	Ocotber 28

Celebrate with us!

Compiled by: Beyonce Taylor + Monique Walker

To be featured in our "Something to Brag About" column, please contact Beyonce Taylor of form 6UI. Let us help you celebrate your birthday day, anniversary, and/ or any other special accomplishment you have achieved.

Contact the Morant Bay High School Guidance Department, or the MBHS
Perspective Team at mbhsperspective@gmail.com

We look forward to hearing from you!

