



Hansle Parchment
Home Coming
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BACK 2 SCHOOL

*Building Positive
Mental HEALTH*

*Welcome Back
to School*



Vol. 2 Issue 1

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COLLEGE NAVIGATOR WEEKLY

Excerpt from the College Educator Weekly Newsletter | AIM Online Academy

MINDSET

Whether you return to in-person learning OR online-learning, or a mix of both, start of the new school year is an OPPORTUNITY. It might not feel like that, but the truth is that you do have a choice

1. Change the situation
2. Change your mind about the situation
3. Be totally and completely miserable

Now, I don't know about you but #3 just is not an option for me. #1 is not an option for students as it relates to their school's policy

CREATE AN ACTION PLAN

Sit with your parents and friends and brainstorm all the things that could help you have a successful experience of school - in person or online!

What will you need to do more of?

What worked last year?

What did you struggle with?

What kind of support might you need?

Who can help?

Are you scheduling breaks?

Is your workspace clear and decluttered most of the time?

Are you struggling to focus?

Do you have rewards built in?

Are you moving your body / exercising?

*Create a STOP, START, DO MORE OF list. Put it on display in your study / work space. Trust me when I tell you you can LEARN focus. I've found the **BRAIN.FM app** SOOOO useful when I need to get focused work done (just one example).*

Bottom line: There is so much NOT in your control... but then again there is so much that IS in your control. Take control of what you can control.



Back to School

Submitted by: Shackera Francis

Preparation

The summer break of this challenging and exhausting year is now winding down to a perfect close. With not much free time left on the clock, we now have to savour these final moments of the break that we have left.

It's time we set aside our gaming consoles and disable all the time wasteful apps that we have on our gadgets. We now need to start preparing, both physically and mentally, for the new school year which awaits us in a few days.

Last year, as I can remember, after online school was announced to be a sure thing, some of us were very nervous. Some were excited about the

change while most of us were in doubt. We were worried and doubtful if this drastic change was going to work. We weren't sure how badly our academic performances may be affected.

These are some common things that we were worried about: The internet instability, problems with our devices and if we would be able to fully concentrate in our homes, especially with little children present. The teachers were just as worried as we were.

We aren't certain if we'll be returning to virtual school, but if that's the case, at least we'll be able to approach this school year a lot better by reflecting on

the last. Have an open mind and prepare for either one.

By now we should have already been going through the various materials in our textbooks to get ourselves into the school spirit. Again, we only have a few days until we return to our school routines.

It's now time we get back into our school element. Re-organize, realign, and reassemble ourselves. Mentally have yourself in a peaceful frame of mind. Have a positive mindset and a positive attitude towards the new school year.

Although our opportunities may be limited because of online school, it's time we set whatever fears we may have aside and get involved in the

Although our opportunities may be limited because of online school, it's time we set whatever fears we may have aside and get involved in the things we've always wanted to. For example, joining that club, trying out for that sport, auditioning for the choir or finally competing in that competition you've always wanted to. If you have an interest in leadership, run for form captain or student council, assist with organizing school events and help with putting interviews together; write for the school's newsletter if you're interested. There is something for everyone to get themselves involved in. Cast your fears aside and step outside of your comfort zone. Find something productive to take part in.

Before the start of this next school year; write down your goals. They can be either long term or short term goals, school related or not. It doesn't matter, still write them down and have them up somewhere where you can see them everyday and be reminded that these are the things you'd like to achieve. Maybe it's your grades that you want to improve, maybe you want to be elected for student council this year, maybe it's a sports scholarship you're hoping to receive, or it could even be a dream car you would like to have in the next few years. Remember that your dreams are never too big for you to achieve them.

As we grow older into mature teenagers, we realize that we have to abandon certain practices, likewise certain friends. For example, instead of idling around after school or wasting time playing video games, or lazing around on tik tok for hours, it would be much wiser if we took those times to read over our notes, do some online research or even watch a documentary. As children it is important for us to do fun activities during our free time, but the key is not to overdo things. I guarantee this school year will hopefully be much better than the last, I wish the students and the teachers a very productive and engaging year!

Submitted by: Shackera Francis



IMPORTANCE OF CHANGE

LESSONS FROM THE LIFE OF AN EAGLE

Submitted by: Sashanna Morgan

It is not the strongest, nor the most intelligent who will survive, but those who can best manage change. — Charles Darwin

What is that one thing most people are afraid of? It's **CHANGE**. Especially when it is painful or uncomfortable. But you have to go through the change to become more phenomenal in life. This story will help you understand the same.

The Story of an EAGLE:

The Eagle has the longest life-span of its species. It can live up to 70 years. But to reach this age, the eagle must make a very difficult decision! In its 40th year, the eagle's long and flexible talons can no longer grab prey which serves as food. Its long and sharp beak becomes bent. Its old-aged and heavy wings, due to their thick feathers, stick to its chest and make it difficult to fly. Then, the eagle is left with only two options: **DIE** or go through a painful process of **CHANGE!**

This process lasts for 150 days (5 months). The process requires the eagle to fly to a mountain top and sit on its nest. There, the eagle knocks its beak against a rock until it plucks it out. Then the eagle will wait for the new beak to grow back after which it will pluck out its talons. When its talons grow back, the eagle starts plucking its old-aged feathers. And after this the eagle takes its famous flight of rebirth and **LIVES** for 30 more years!!

Why is Change needed? In order to survive and live, we too have to start the change process.

We sometimes need to get rid of the unpleasant old memories, negative habits and our fixed mindset. Only freed from the past burdens can we take advantage of the present. If an eagle can make a life-saving and life-changing decision at the age of 40...why can't we? In order to take on a New Journey ahead, let go of your negative old limiting beliefs.

Open up your mind and let yourself fly high like an eagle!

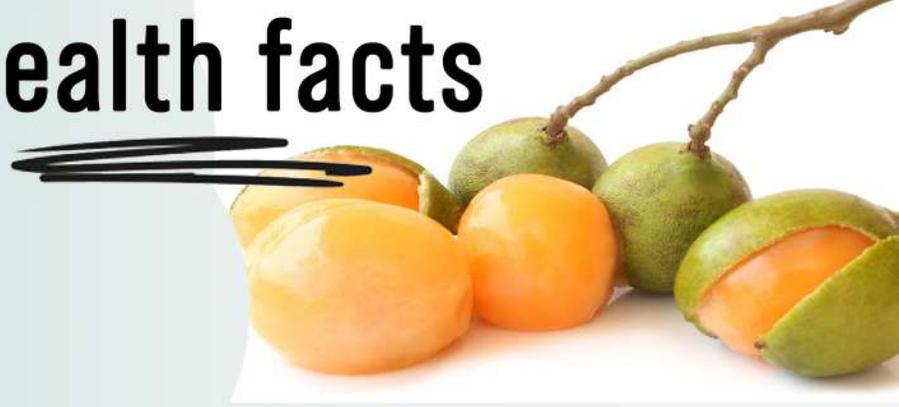
When it rains, all birds occupy shelter. But the **EAGLE** avoids the rain by flying above the clouds. The problem is common to all but the attitude to solve it makes the difference!

Don't be afraid of change...accept it gracefully.



The Jamaican Guinep

Health facts



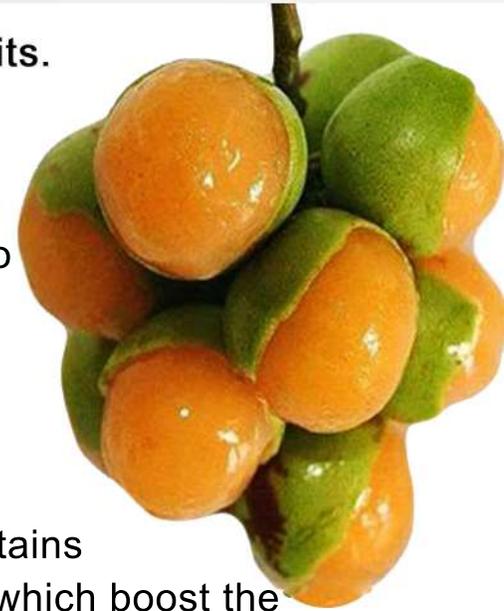
The Jamaican Guinep has a lot of health benefits.

It's green on the outside, light orange on the inside, with a pulp around a seed, that some crush to feed to little children or just to savour the slightly bitter juice.

The fruit is also used for making juice, which tastes like sweetened lemonade and can be boiled before you eat it or roasted and crushed to make bread and other food items.

The antioxidant properties of the Guinep makes it great for stomach ache and diarrhea.

Calcium found in the fruit helps to strengthen bones and teeth



The fruit contains phosphorus which boost the immune system

It is said to aid in curing herpes due to the amino acid L-lysine. It also has cancer fighting properties.

The Guinep is great for boosting sleep and therefore referred to as a "sleep booster".

Guinep also aids in weight loss as it makes many feel full longer because it is low in calories and high in fibre.

The iron found in the Guinep builds the blood vessels as it provides healthy red blood cells needed to prevent anaemia



Submitted by: Janesha Harris



Ashanti Stewart

Feature
Interview

Ashanti Stewart, Upper Sixth Form Student at the Morant Bay High School has been blazing a track record of greatness even before beginning any form of Public Education. She alluded to the fact that these achievements were not only made possible as a result of her persistence and hard work, but the encouraging teachers she has come across throughout the years, who have helped to push her. “When I was in grade six my teacher at Morant Bay Primary School, Mrs. Blake-Brown, really pushed me because she said that she saw that I could do great things”, Stewart said. In that same year, Ashanti was recognized as the top performer in Region Two (2) for the 2015 Grade Six Achievement Test (GSAT) and

was also the recipient of the Paul Bogle Scholarship

HER DRIVING FORCE FOR SUCCESS

When asked about those who would have helped to motivate her throughout her academic journey she again spoke highly of the influential teachers that have been there who have helped her to remain focused. “There are teachers who have always been there from first form coming straight up who have always been there pushing me to do better”. She also spoke about the comradery, competitiveness and love between her and her classmates that have kept her motivated and at her best. Her praying mother and supportive family have also played a vital role in her achievements and her heart’s desire is to be able to provide a better and more comfortable life for them.

THE ATLANTA CHAPTER ALUMNI SCHOLARSHIP

The Atlanta Chapter has been a part of her journey since third form when she first received a scholarship from them. “Dr. Foster first introduced me to the foundation and she has been actively involved with all the recipients of the scholarship program ever since. The journey has been amazing, a lot of students who are struggling financially can benefit greatly from this program in more ways than one as I have developed social skills through this effort. The entire team has just been there every step of the way.”

Pageantry

Ashanti Currently holds the title of Miss Teen St. Thomas, following her outstanding performance in said competition.

Prior to The Miss Teen St. Thomas experience Ashanti had been a part of the MBHS Finest and Mr. and Mrs. Jamaica High pageant competitions. Stewart went on to say that Miss Teen St. Thomas wasn't really even a part of her plan, she received news that our now Acting Principal Mrs. Marsha Ford-Bryan saw great potential in her and persuaded her to join. "Initially I was very timid, because I'm a naturally shy person and it was a new environment but I always knew I had it in me. The experience was really great and it was a cultural pageant so we learnt a lot about our

parish and also the resources we have here. We learnt about character development and how to be well-rounded young women. It was a really fun experience" Stewart said, while giving a word of encouragement to the rest of the young ladies in our school population to join as the experience is rewarding. She also acknowledged the fact that the Miss Teen St. Thomas team has always stayed connected with all the young ladies who were a part of the competition.

TOP PERFORMER IN ENGLISH LANGUAGE (A) IN CARIBBEAN SECONDARY EXAMINATION CERTIFICATE CSEC

"I have always loved English because I love writing and it helps me to better express myself." She said, Mrs. Kerry-Ann Harrison- Campbell her class' English teacher has always been behind her every step of the way and

has been her teacher since first form and she always been an extra motivation and played a vital role in her performance. Ashanti also spoke passionately about the bond that was created from the initial stages between the class and Mrs. Harrison-Campbell and believes that made way for the overall excellent results of her entire class. "I was very excited to see that I got first place, I was proud of myself because I knew that with everything that we did at school the help, the push, the competition between each I knew that it was a well-deserved victory.

FUTURE PLANS AND CAREER

Ashanti has very big dreams after finishing Upper Sixth Form at Morant Bay High School. She desires to pursue tertiary studies at an internationally recognized university, majoring in Social Work with a minor in Psychology, as she looks forward to becoming a Clinical Psychologist, Social Worker or any occupation in the field of Behavioral Science interests her. "I am very passionate about Psychology because I realized youths are suffering in silence and I want to help, I want to be a

dying inside because mental health and illnesses are not to be played with and many youths are not being sensitized and believe it's not important and I want to that change and help youths and everyone alike", she said



Submitted by: Toni-Ann McGivan

Mental Health Corner



Tips to care for your Mental Health

1 Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

2 Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

3 Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

4

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

5

Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been

6

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

7

Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

8

Stay connected. Reach out to your friends or family members who can provide emotional support and practical help.

9

Get help if needed. Reach out to your Guidance COunsellor, Pastor, Doctor, or any other Mental Health Professional if needed.

Submitted by: Toni- Ann McGivan

Alumni Spotlight

Dawn Thompson



For most members of the alumni community, the years spent at MBHS represent a special period in their lives. Dawn Thompson, a member of the graduating class of 1980, is one past student who shares those sentiments



"My time at Morant Bay High School was one of the best times of my life, much laughter, pranks as well as the best educational experience. Lifelong friends were made and close bonds were formed." Her favorite subjects were English Literature, Mathematics and Social Studies and this was due in part to her teachers in those subjects. Mr. Cardovan Jackson went the extra mile to help with difficult mathematics concepts such as Pythagoras Theorem and some areas of algebra. "I never forgot his kindness and patience", Dawn says. In Literature class she has great memories of Mr. Cockraine expanding her love for reading. She has fond memories of the allegorical novel Animal Farm,

along with all the lessons it taught. "I never forgot 'All animals are equal but some are more equal than others' and I see this all over society today". In Social Studies, she enjoyed reading The Growth of Civilization. Extra-curricular activities included Girl Guides, 4H Club and the Speech Club at different times. She even had a short stint training with the track team then being coached by VP Howard Jackson Sr, but that didn't last for long. "He had a different way of getting the best out of people, and I was very sensitive at that age and decided to drop out. Maybe if I had stuck with it, I would have a 1-2-3 at the Olympics" she quipped.

After graduating, Dawn was a homemaker for a while before working at the Ministry of National Security in Kingston, which lasted for about seven years. She then migrated to the USA and worked various jobs before joining multinational bank JP Morgan as a teller. This was the start of a career in the financial services industry as she moved up the corporate ladder serving in roles such as Asst Branch Manager, Private Client Banker, Small Business Specialist and Manager on Duty. Dawn's educational path was not the conventional one for someone working in financial services. "I actually climbed the ranks without a college degree, with just the great foundation given to me by MBHS. I think my alma mater has one of the best educational tracks, which prepares students who are willing to

put their shoulders to the wheel to become high performers in any field they decide to pursue." Although life events got in the way of her plans for higher education for a while, she never gave up on her dream to pursue further studies and as a mature student she has earned an AA in Business Administration, Magna Cum Laude, a BS in Business Administration, Summa Cum Laude, an MBA and a MS in Analytics & Systems, High Honors, as well as completing numerous professional certifications.

In her current position at JP Morgan Dawn has the responsibility of managing a portfolio of millions of dollars for a select group of affluent clients. This involves actively managing the relationship between clients and the bank, ensuring they receive the best customer service and providing referrals to business partners providing other banking services. When asked what advice she would give to students

interested in the financial services field, Dawn suggests getting a foot in the door early and working up from there. "It may not be the exact position you want, but once you are in and exceed expectations in the current role, possibilities are endless." She also recommends the pursuit of formal education, as having those credentials provides more options for those who wish to enter senior

management and executive positions. Dawn's journey through the corridors of MBHS and beyond is a testament to what can be accomplished when one has focus and determination to succeed, even when the path taken is different from the one typically taken. We celebrate her accomplishments as a member of our alumni community and wish her continued success in the years ahead.



**Submitted by:
MBHS Alumni Association**

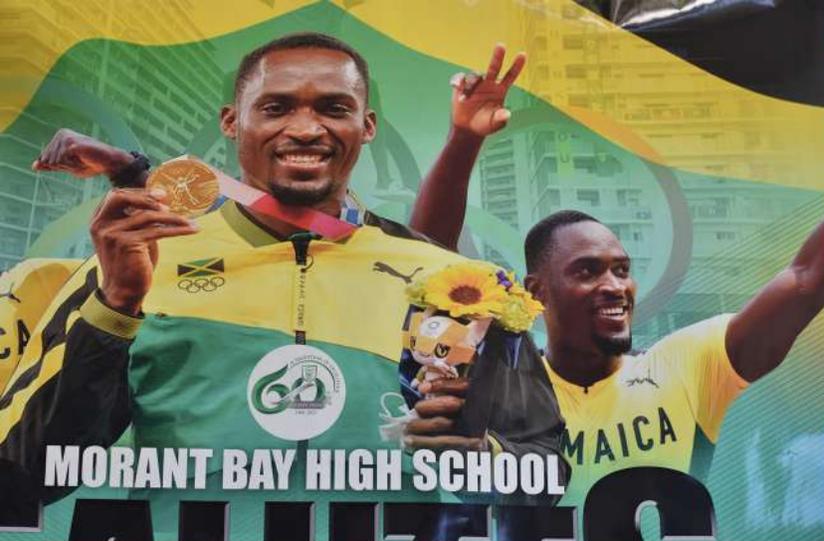
"Welcome Home, Champ."

Hansle Parchment came home from Tokyo to a hero's welcome, organized by the Morant Bay High school, and the Morant Bay High School Alumni Association.



Hansle Parchment greets member of the school community, Wayne





More pictures at  [mbhs_perspective](https://www.instagram.com/mbhs_perspective)

Scotiabank



JUNIOR ACHIEVEMENT INNOVATION CHALLENGE

***“There's nothing holding me back”
Shawn Mendes may have sung it, but we have proven it.***

During the Covid-19 pandemic, Morant Bay High School is still doing great things. On May 6, 2021, two teams from the Morant Bay High School participated in the "Junior Achievement Company of Entrepreneurs (JACE) competition, where they were tasked with proposing an innovative tech solution that would help students to grasp different subjects in preparation for exit exams (PEP, CSEC, and CAPE). This solution was to solve issues such as lack of devices and data access, and should allow students to keep up with their studies.

We take great pleasure to inform you that out of 15 high schools islandwide, **Morant Bay High School** was placed third. We extend commendations to Westwood High and St.Jago High School for placing first and second respectively.



Submitted by: Kofianette Derival



*You want to be a contributor?
No problem.
Reach out to us today at
mbhserspective@gmail.com.*

 **MBHS**
Perspective
"ARISE & BE BOLD"

