

# The Warrior Times

Bishop Michael Eldon School's Newsletter

*"Getting the word out about the school of choice in the north."*

Volume 1, Issue 9

May, 2017

## Farewell Message to the Graduating Class of 2017



My how time flies. It seems like it was only yesterday that you walked these hallowed walls of this fine institution as mere little boys and little girls. Today is a different story, however, because you have all grown into amazing warriors ready and able to take on the challenges of what lies ahead of you.

As you embark on this new and exciting adventure, I urge you to take all the knowledge that you have received at Bishop Michael Eldon, build upon it, and use it to change the world. Make this world an even greater place to live in.

You must remember too, that good character is the key to success. Have integrity at all times, and lead by example. Know right from wrong, and always respect the rights of others. I encourage you to not only greet the future with anticipation and to dream big, but you must always remember to have good manners and to never forget your roots.

Finally, I implore you to always place God at the center of your being. He will always carry you through the difficult times, no matter what hardships you may be facing. This is my final message to you.

Your Principal, Mrs. D.

**"Learning Today, Leading Tomorrow"**



## For Life

### Inside Issue:

Blue Mass	Page 2
May/June Calendar of Events	Page 2
ITC Day	Page 2
Message from Guidance	Page 3
Message from Nurse Lopez	Page 3
West Grand Bahama District Council Speech Competition	Page 4
Students Prepare for SECME	Page 4
SECME Winners	Page 5
What is SECME	Page 5
More Photos From SECME Competition	Page 6
Keep Grand Bahama Clean	Page 6
Student in Local Pageant	Page 7
Spanish Spelling Bee	Page 7
Carifta Athletes	Page 8
Students Compete at IAAF Relays	Page 8
Penn Relays	Page 9
Scholar Athletes Receive Top Honors	Page 9
Swimming & Soccer	Page 9
Battle of the Brains	Page 10
Former Student Wins Pageant	Page 10
May Birthday Celebrants	Page 10

## "Warriors Paving the Way"

## Grade 12 and Grade 6 Participate in Blue Mass

Blue Mass was the final mass that the twelfth graders attended at BMES. In recent years, the Grade 6 students have been included as a way of initiating them into high school life. At the beginning of the service, proud parents marched in with their children, arm in arm. Two sixth graders handed off candles to two fifth graders and two twelfth graders handed off candles to two eleventh graders. The celebrant and guest speaker was Father Lynden Douglas, rector of St. Phillips Anglican Church in Inagua. He encouraged the students to remember all the sacrifices their parents have made and to always put God first.



## May/June Calendar of Events

May 04 PK Assembly  
 May 05 **Blue Mass** Grades 6 & 12  
 May 06 Landmark Seminar Aud  
 May 06 Planning Meeting  
 May 08 – 12 GLAT Gr. 3 & 6  
**May 10 ELECTION DAY**  
 May 15 – 18 Grade 6 Week  
 May 19 Whole School Theme Closing  
 May 26 PD Creative Writing Exam  
 May 29-30 PD Exams (Math & Language)  
 May 31 PD Mark Day  
 June 01 BMES Motorcade  
 June 02 Holiday  
 June 05 Holiday  
 June 08 PD Swim Gala PK – Gr. 1  
 June 09 PD Swim Gala Gr. 2 – 6  
 June 13 PK -Gr. 4 Speech & Prizegiving Ceremony  
 June 14 Grade 12 Graduation  
 June 15 Gr. 5 & 6 Speech & Prizegiving Ceremony  
 June 16 Report Cards & School Closes

## Students Take Part in ICT Day

Two students, Tyler Adlerley and Kianna Knowles, along with Mrs. Bullard, the IT teacher, attended a technology conference at the Melia in New Providence a few weeks ago. The conference was designed to inspire girls to strive towards making a career in the technological field especially in the area of programming. The conference was a wonderful exposure for the young ladies and the trip was well worth it.



## Prayer Before An Election

O God, whose will it is that your people live in peace and tranquility. Direct the minds and wills of the people of our country at this present time, that men and women of integrity, ability, uprightness, and compassion may be chosen to represent us in Parliament. Give to us, now and always, the blessing of a wise and just government to lead our nation in the ways of freedom and peace: through Jesus Christ our Lord. **Amen**





## Scientifically, the Best Ways To Prepare For Final Exams

Finals week can be a stressful time for all students, so knowing how to properly prepare for finals is the key to avoiding stress and acing every single one of your exams. Here are some *proven* methods that will have you focused and better prepared for final exams.

- 1. Say NO to cramming:** Study in intervals! Studying in 20-50 minute increments and giving yourself 5-10 minutes in between is more beneficial than cramming. Distributing learning over time typically benefits long-term retention more than a short period.
- 2. Say YES to cardio:** Science says that just 20 minutes of cardio can improve your memory. Whether you're dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress. Very important!
- 3. Eat superfoods/antioxidants:** Everybody knows you should eat breakfast the day of a big test. Research suggests that high-carb, high-fiber, slow-digesting foods like oatmeal are best (oatmeal is more fulfilling than cereal). But what you eat a week in advance matters, too. When 16 students were tested on attention and thinking speed, then fed a five-day high-fat, low-carb diet heavy on meat, eggs, cheese and cream and tested again, their performance declined. The students who ate a balanced diet that included fruit and vegetables, however, held steady.
- 4. Alternate study spots:** Shake up your finals routine! Spending all night in the library can be draining. According to the New York Times, simply alternating the room where a person studies improves retention.
- 5. Time management:** Cramming causes anxiety, which lowers your ability to retain information. By creating a balanced study plan and schedule, you will be able to study each subject in its entirety and ultimately boost your test performance.
- 6. Avoid the all-nighter:** Almost every student pulls an all-nighter, but it is a bad idea. According to research, all-nighters impair reasoning and memory for as long as four days. As a result, you will receive lower grades.
- 7. MINIMIZE distractions:** Research shows that while many teens prefer to study while listening to music, texting friends, or watching television, they are less likely to retain information that way. If you must listen to music, stick to instrumental music and consider downloading these study tools to keep you focused!
- 8. MAXIMIZE practice-testing:** You may have thought highlighting, re-reading and summation would be effective ways to study. But a recent study found that these techniques do not consistently boost students' performance. Practice testing through the use of flashcards, or taking practice exams was observed to be a highly effective studying technique.

## Exams and Your Immune System

Exams are stressful and stress can lead to a lowered immune system, which can result in you catching a cold. Once you are sick not only do you feel unwell but it's much more difficult to study productively.

Having nutrient deficiencies can further lower your immune system. It's difficult enough meeting your nutrient needs on a typical day; if you are replacing your regular diet with processed or packaged foods that are low in nutrients it makes it even harder. Foods that are particularly beneficial for your immune system include:

**Beef, lamb, milk, and nuts and seeds such as cashews, almonds, peanuts, sunflower seeds, chia seeds and pumpkin seeds** are sources of zinc. Low levels of zinc have been shown to reduce immunity and memory.

**Berries** are full of antioxidants to help boost your immune function. Try adding them to a bowl of porridge, a tub of plain yogurt or snack on fresh berries while you study.

It's the probiotics in **yogurt** that do the trick. Instead of a chocolate bar or packet of chips have a tub of yogurt. It is also a source of zinc. Be sure to read the nutrition label at the back and choose the yogurt with the lowest sugar content.

Foods rich in omega-3 such as **canned salmon, mackerel, eggs, flax seeds and avocado** reduce inflammation and protect you from getting sick. Why not use a can of salmon in your sandwich, have it on crackers as a snack or use it in a salad?

Replace potato chips by making your own baked **sweet potato** chips. Sweet potato contains vitamin A and beta carotene which are not only immune boosting but great for your skin too. Other sources vitamin A include **eggs** and **skim milk**.



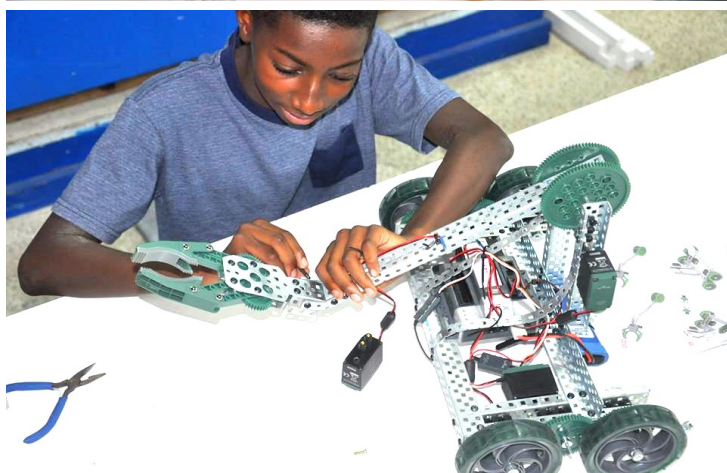
## West Grand Bahama District Council Hosts High School Speech Competition

Last year's winner, Destiny Adderley, a student at Bishop Michael Eldon, lead the charge that inspired the students competing for the title of top speaker this year. Based on the event's theme, she spoke of what must happen in order to awake the greatness within. Destiny Wallace and Katherine Brockbank represented BMES this time around and they did an awesome job. Congratulations to them both.



*Greatness comes from the desire to do extraordinary things—to reach beyond the status quo and relentlessly chase your dreams. It all starts with setting and achieving goals, but when you aim higher than where you set your mark, you force yourself to get better, one victory at a time.*  
**BY: Lydia Sweatt**

## Final Preparations for SECME Competition





# Bishop Michael Eldon Dominates SECME Competition

## Mousetrap Car competition

### Primary school –**FIRST PLACE**

Greyson Malabanan -Grade 5  
Vernice Flores - Grade 5  
Shivani Yellapragada -Grade 5

### Middle School – **FIRST PLACE**

William Moss -Grade 9  
Serena Seymour - Grade 9  
Gianna Malabanan - Grade 7

### High School –**FIRST PLACE**

Ambrose Cartwright- Grade 12  
Dillon Archer - Grade 12  
Tyler Adderley - Grade 11

## Water Rocket Competition

### Primary School – **SECOND PLACE**

Farah Flowers - Grade 5  
Kameah Adderley - Grade 5  
Elianna Seymour - Grade 5

### Middle School – **FIRST PLACE**

Matt Viajar - Grade 9  
Roshawn Rolle - Grade 9  
Jadyn Pinder - Grade 8

### High School – **FIRST PLACE**

Liam Mason - Grade 11

## StarStruck Robotics Competition

### Team 1 –**FIRST PLACE**

Matt Viajar -Grade 9  
Ryan Lafleur -Grade 9  
Srujana Yellapragada -Grade 10  
Jadyn Pinder -Grade 8

### Team 2 –**SECOND PLACE**

Gabriel Malabanan -Grade 9  
Kenneth Leung -Grade 9  
Dwayne Gardiner -Grade 9  
Jaheim Lightbourne -Grade 9

### Team 3 –**THIRD PLACE**

Antoinio Forbes -Grade 11  
Alex Dareus -Grade 11

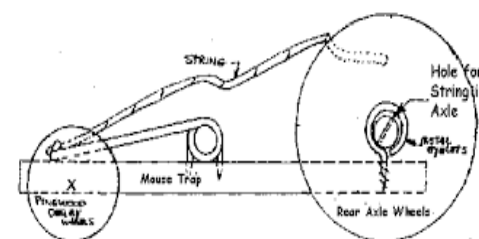
## Clawbot Robotics Competition

### Team 1- **SECOND PLACE**

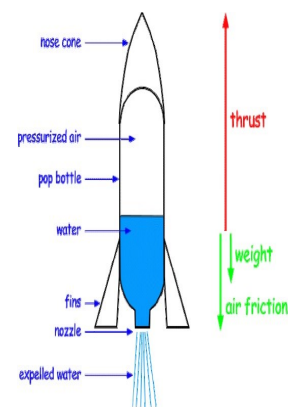
Travis Forbes -Grade 7  
Alvarez Garland -Grade 7  
Alvonte Garland -Grade 7  
Stephen McCartney-Grade 7

### Team 2- **THIRD PLACE**

Lynique Greene -Grade 11  
Roshawn Rolle -Grade 9  
Lavonne Mack -Grade 10



## (Official District Results)



## What is SECME?

SECME is a strategic alliance partnering schools, universities, industry, and government to renew and strengthen the professional capacity of K-12 educators, motivate and mentor students, and empower parents and communities so that all young people will learn and achieve at higher levels. SECME's mission is to increase the pool of historically under represented, under-served, and differently-abled students who will be prepared to enter and complete post-secondary studies in science, mathematics, engineering, and technology, thus creating a diverse and globally competitive workforce.

**Congratulations Mr. Viajar, (coach) for all your hard work.**



## More Photos From SECME Competition



## Keep Grand Bahama Clean

During the month of April, the Keep Grand Bahama Clean Committee launched an initiative with the sole focus of **LITTER**, enlisting the support and action of corporate and community partnership to tackle this epidemic. The month of April was selected because the month is recognized nationally for Coastal Awareness and Earth day. Therefore, as a major staple in the Grand Bahama community, the committee saw it most fitting for BMES to partner with this initiative to allow the community to know that *"it is everyone's business and everyone's responsibility to keep Grand Bahama clean: our lifestyle, our economy, and our future depend on it."*

Activities such as environmental demonstrations, reusable bag distributions, school invasions and civic group presentations were carried out to spread the message of keeping our environment clean. To wrap up the Partners against litter month, the KGBC Committee will be hosting an grab-a-thon litter pickup on Grand Bahama Highway on **May 6th 2017 at 7:30am**. The route will start from the Grand Bahama International Airport Roundabout heading east to Coral Road intersection and back.

It is hoped that in a show of solidarity and environmental awareness, service groups, schools, especially our eco-schools and potential eco-schools, corporate businesses and environmentally concerned citizens would act in one accord to keep Grand Bahama clean and participate in this loose litter clean up event.

Please note that bags, gloves, and water will be provided at the site. The committee looks forward to everyone's participation with KGBC this month and remember, it's everyone's responsibility to keep Grand Bahama clean!



## Students from the Primary School Dominate Spanish Spelling Bee

The Modern Language Department recently held it's annual Spanish Spelling Bee. This year, Senior Fofie, Spanish teacher extraordinaire, felt that the primary school students were strong enough to challenge the seventh graders. When it was all said and done, his intuitions were right. Three primary school students were left standing at the end of the competition. Third place went to Aidan Knowles-Tenner, second place went to Adrian Stanbuscioc, and first place went to Seannia Norville-Smith. The seventh graders gave a valiant effort, but the primary school students were just too strong. Congratulations to all the students who participated and to all the teachers in the Modern Language Department for putting on such a wonderful event.



## BMES Students Looks to Win Local Pageant

Who say Plus size women not beautiful? There is a relatively new pageant in Grand Bahama!

Miss Teen Grand Bahama Plus Beauty Pageant is geared towards plus-size young ladies in Grand Bahama.

The Miss Grand Bahama Organization extended their program to encourage plus-size young ladies to show that they are beautiful and that they too can represent their island and possibly their country. The successful queen will represent at the Miss Teen Plus Caribbean Pageant.

Our very own Haley Adderley, a twelfth grade graduating student and Samia Rampersad a Grade Eleven student, will both be competing for the coveted title. They both have all the attributes of a graceful queen, so they both have a great shot at securing the title. The Warrior family wishes Haley & Samia much success. Go Haley & Samia!!!!!!!!!!!!



# Sports Page

## BMES is Well Represented at Both Swim and Track Carifta



Bishop Michael Eldon was well represented at this year's Swim and Track Carifta. Kristofer Smith, Rommel Ferguson, and Lamar Taylor displayed their swimming superiority in the pool at Swim Carifta while D'jonnae Jayawardana and Quanisha Marshall displayed their skills on the track. Lamar Taylor won several medals including gold medals. Quanisha won two silver medals, one in the 800 meters and the other in the 4X400 meter relay. D'jonnae won a silver medal in the 4X400 meter relay. Congratulations to all the athletes. Go Warriors!!!!!!

*Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts. ~ Dan Gable*

## BMES Track Athletes are Inspired by World Class Athletes

The members of the BMES track team, did not only get to experience running in a world class event, the IAAF World Relays, but they also got to mingle with top athletes from around the world. The young rising stars saw what hard work and perseverance gets you; a great deal of success. They were able to have personal conversations with these athletes in order to find out what the secret of their success was. Maybe someday, these same BMES athletes will be at that top level and will inspire kids like them. We look forward to that.





## BMES Contingent Heading to Penn Relays



Mrs. Doherty herself travelled to Philadelphia to watch her students participate at the Penn Relays. Both boys and girls teams did exceptionally well and placed in the top 80th and 90th respectfully. Most of the students were senior athletes who went on the trip in order to be seen by many of the college coaches there. Many Bahamian students are awarded scholarships at the Penn Relays every year. Several coaches spoke to the students, so hopefully everyone would have found at least one school that would suit his/her needs.



### Scholar Athletes Receive Top Honors

Imara Nesbitt and Erich Fischbacher were awarded for their prowess on the field and in the classroom. Imara placed third among all the primary schools on Grand Bahama and Erich was the top scholar athlete among all the boys island wide. We salute these two young warriors for representing us so well and for reinforcing the fact that we warriors are well rounded individuals.

### Soccer Season in Full Swing

Soccer is in the air in both the primary and senior schools. The high school season is well underway in the senior school though. Both boys and girls teams are headed for the playoffs. In the primary school the season is just beginning. However, we are sure that just like every other year, the little warriors will make it to the championship game.



### Swimming Classes for P.E.

Students are reminded that P.E. will involve swimming for the next several weeks. Students in both the high school and the primary school are encouraged to come properly dressed in black or blue swimming attire. Girls must wear one piece outfits.

Students are also reminded to pack for their P.E. kits

also, along with their tennis shoes for the field in case for whatever reason, the pool is unavailable.



## Bishop Michal Eldon is Runner-Up in the Battle of the Brains Challenge



Congratulations to the team made up of Patrick Boston, Tyler Adderley, Rahzena Arthur, and Dillon Archer who did an incredible job in making it through the rounds of the competition. With all that hard work and preparation, they were able to secure second place in the Battle of the Brains. We are extremely proud of them. Special mention goes out to their coach Wendy Moss who worked tirelessly to get the team to where they are.



### Former Student and Recipient of Top Lyford Cay Scholarship Wins Pageant

Gabrielle Moss, daughter of Wendy Moss, was recently named the face of the Caribbean at her school. She currently attends Johns Hopkins in Baltimore Maryland, and is going into her senior year. She beat out all the other students from the Caribbean, and won the popularity vote. Miss Moss is working towards obtaining her degree in Mathematics. Congratulations Gabrielle. You continue to make us proud.

***"You were born a winner, a warrior, one who defied the odds by surviving the most gruesome battle of them all - the race to the egg. And now that you are a giant, why do you even doubt victory against smaller numbers and wider margins? The only walls that exist are those you have placed in your mind. And whatever obstacles you conceive, exist only because you have forgotten what you have already achieved."***

— Suzu Kassem

## May Birthday Celebrants

Alexandre Russell	Caitlyn Stretton
Timothy Brown	Jai Martin
Isreal Williamson	Azariah Brice
Donte Singh	Samara Swann
Ashton Dieufaite	Diajah Rolle
Trinity Davis	Marvin Basden
Aaron Bethel	Aryanna Smith
Denae Ellis	Emmitt Higgins
Eden Bullard	Alex Dareus
Layanna Hall	Tamari Pintard
Sanaa Roberts	Robert Albury
Dre' Johnson	Ayden Hall
Madison Jenkins	Delano Arthur
Morgan Jenkins	Destiny Adderley
Lashea Douglas	Nevaeh Hamilton
Gabrielle Saunders	Latisha Roker
Anaia Wallace	Kristian Williams

### STAFF

Michael Prosper	Cheng Bee De La Pena
Michael Styles	Denise Duff-Fofie
Aronde Thompson	Ivan Johnson
Sage Smith	Natasha Pinder
Christalia Wells	Julianne Kemp
Donneisha Phillippe	Suzette Rolle
Myah Wilchcombe	
Christina Cappellato	
Trent Thomas	
Haley Adderley	
Jeremy Russell	
Jonathan Russell	
Rajni Dames	
Channondor Penn	
Novelet Rolle	



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