

The Warrior Times

Bishop Michael Eldon School's Newsletter

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

Volume 1, Issue 7

March, 2017



Lenten Season Begins at Bishop Michael Eldon

March 1st marked the beginning of Lent with the Ash Wednesday Service.

This year, warriors were honored to have Bishop Gilbert Thompson in attendance. He reminded warriors young and old, that taking time out during this somber time to treat others with respect is paramount. He also

encouraged persons to check themselves before giving advice to others. He did this by referencing Matthew 7 vs 5: First remove the beam out of your own eye, and then you can see clearly to remove the speck out of your brother's eye. Bishop Gilbert was joined by Reverend Marie Roach-Hepburn of Christ the King. Lent is a season of the Christian Year when Christians focus on simple living, prayer, and fasting in order to grow closer to God. We recognize life as a precious gift from God, and return our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ.



"Learning Today, Leading Tomorrow"



For Life

Inside Issue:

Top BGCSE and BJC Students Honored	Page 2
Message from Guidance	Page 3
Message from the Nurse	Page 3
Family Island Trip Dates	Page 4
Valentine's Day Picnic	Page 4
Library Field Trips	Page 4
March Calendar of Events	Page 5
Plastic Pollution Challenge	Page 5
Business Month	page 5
Sports Page	Page 6
Ozone Poster Competition	Page 7
Speller Off to Nassau	Page 7
Brother/Sister Win	Page 7
Walkathon	Page 8
March Birthdays Celebrants	Page 8

"Warriors Paving the Way"

Bishop Michael Eldon Students Honored for Excellent

External Exams Results

Several students were honored for their superior BGCSE and BJC results from the 2015-2016 school year. Amor Ferguson received the subject award for Art and Design, D'Ajonae Jayawardana received the award for the highest BGCSE results on the island of Grand Bahama, and Kiara Williams received the subject award for Accounts. Congratulations to not only them for their great accomplishment but to their teachers Mr. Randy Bentinck, art teacher, and Ms. Karen Dyall, accounts teacher, and Religion teachers Mr. Adrian Bethel and Mr. Cory Adderley.



BGCSE Standouts: Amor Ferguson, D'Ajonae Jayawardana, and Kiara Williams



BJC Standouts: Jaiden Outten, Kristen Martin, Chavette Harvey, Savana Gibson, Ebony Kelly, and Serena Seymour

There were several students who did exceptionally well in their BJC exams. Jaiden Outten, Kristen Martin, Chavette Harvey, Ebony Kelly and Serena Seymour were all bestowed the award for receiving all 5 A's in one sitting. Savana Gibson was awarded the top grade in Art and Design. Congratulations to all these brilliant warriors. You are proving that BMES students are the pace-setters in education and because of this we salute you. Best wishes are also extended to the parents of these amazing students. You have done a remarkable job along with the teachers at Bishop Michael Eldon, in instilling pride and good work ethics in these young individuals. Go Warriors!!!!!!!!!!!!!!

“Live the life of your dreams. When you start living the life of your dreams, there will always be obstacles, doubters, mistakes and setbacks along the way. But with hard work, perseverance and self-belief there is no limit to what you can achieve.”

— Roy T. Bennett



The Importance of a Good Work Ethic in School and Life

Your good work ethic tells future employers what they might expect from you on the job. But did you know it can also set you up for success? A good work ethic can be the determining factor in just how well you'll do in school –and in life.

Here are five components to a good work ethic and just why they're so important to you and your future:

- ♦ **Attendance and punctuality:** Whether in school or work, you learn and accomplish most when you show up, on time and prepared. You can't learn if you're not there! And when you come late, it's unlikely that you're really ready to do your best work. Good attendance and punctuality are two important pieces of a good work ethic –and they're easily addressed and accomplished.
- ♦ **Goal Setting:** Before you can accomplish your goals, you need to know what they are. People with good work ethics are goal-oriented and dedicated to achieving the success they envision. They understand that there are many steps to success and they're willing to take them all.
- ♦ **Hard work:** At the foundation of a good work ethic is a whole lot of hard work. In school, it may mean staying after for extra help from your instructor or fine-tuning your assignments to reach perfection. At work, you may want to come in a little early or stay late so you do the best job you can.
- ♦ **Positive Attitude:** Your positive attitude can set you apart from your peers –and it can be infectious, spilling over to other employees and making you welcome on any work project. Approaching every task—big and small—with a good attitude shows that you're a team player dedicated to not just your own success, but also to the success of your company.
- ♦ **Accomplishment:** The more you accomplish, the more likely you will be the person chosen for further advancement. Your good work ethic is likely to be recognized, acknowledged and rewarded and can serve as a building block to your future success.



“...If you work hard enough and assert yourself, and use your mind and imagination, you can shape the world to your desires.

— Malcolm Gladwell

Water facts for kids

When we are born water makes up about 75% of our body weight. Water makes up about 60% of the body weight of older children and adults. Water is constantly being lost from our body (when we go to the toilet, when we breathe, when we sweat, so if we don't drink enough we become dehydrated.

Water helps our body in many ways:

- It carries nutrients to cells;
- It helps to remove waste products from our major organs;
- It helps us to control our body temperature.

Water is found in all drinks and also in food. For example water is in orange juice and milk; it is also in fruits and vegetables. It is even in cheese! People can survive for up to 50 days without food but only a few days without drinking water.

Top tips for keeping kids healthily hydrated

Children should aim to hydrate with plain, natural drinks that are unsweetened and free from additives. Starting in the morning with their breakfast, kids should aim to have 6-8 drinks per day, which should ideally be water, milk, fruit juice/vegetable juices. Children taking part in sports or exposed to warm weather need to replenish the lost fluids by drinking more water. Research suggests adequately hydrated children may perform better in school. Repeated tastings of water may help kids to develop a taste for water. To make it more fun you could add ice, a slice of lemon or a curly straw.



只有2%的人会解的数学题

$$\bigcirc + \bigcirc + \bigcirc = 30$$



选择3个球中数字, 相加等于30

17:14

Select 3 balls and put into the circles, total of sum must be 30. There is only 2% of people can solve this.

Saint Patrick's Day Unscramble

UNSCRAMBLE THE WORDS

1. snait _____
2. rihs _____
3. ayebrnl _____
4. teosn _____
5. raemlde _____
6. elnrueaceph _____
7. dlog _____
8. lbuid _____
9. wanbroi _____
10. amkorchs _____
11. aerdpa _____
12. nolncaocn _____
13. ulck _____
14. bfltsae _____

We're Off to the Family Islands

Grades 4, 5, and 6 will be heading off soon to enjoy a different kind of scenery. The students will be traveling to Cat Island, Exuma, and Abaco this month. This is a fun way to learn about life on the family islands away from the classroom. Bon Voyage.



March 22 – 24
Grade 6 Nassau & Cat Is. Trip

March 27 – 28

Warriors Celebrate a Day of Love With a Picnic



It was a sea of love this past Valentine's Day. Parents, grand parents, uncles, aunts, godparents and the like had lunch with their children. The Valentine's Day Picnic is an annual event, where families bond and show how much they really love one another. The occasion is not only anticipated by the students, but more so by the parents. Love is a beautiful thing and warriors know just how to do it right!

Warriors Love to Read!

For the entire month of February, every class in the primary school were able to visit the Sir Charles Hayward Library and experience the joy of books. Students were encouraged to join the library and were reminded that learning takes place through books. All the classes had a wonderful time and checked out a lot of books. Congratulations Mrs. Knowles. You are doing a wonderful job as the school's librarian.



March Calendar of Events

March 01 Ash Wednesday- Full Mass
 March 02-03 Science for Everyone @BMES
 Mar 2-4 Northern Bahamas Basketball
 March 07 PTA Meeting
 March 07 National Arts Festival Begins
 March 09 1S Assembly
 March 09-11 National Track Championships
 March 10 End of Term 2
 March 11 SAT
 March 12 Daylight Savings Time
 March 13 Commonwealth Day
 March 14 Staff Meeting
 March 15 Exports Grades for Term 2
 March 16 1B Assembly
 March 17-18 World Relays Test Event
 March 17 St Patrick Day Dress Up PD
 March 22 Grades 1 & 2 Coffee Hour
 March 22 – 24 Grade 6 Nassau & Cat Is. Trip
 March 27 – 28 Grade 4 Abaco Trip
 March 29 – 31 Grade 5 Exuma Trip

BMES' Eco Code:

Becoming more environmentally sound so Warrior Land could be the best school in town.



Bringing Awareness to Plastic Pollution



Are we protecting our beaches so that both tourists and future generations can enjoy? No. Too much plastic and other trash end up in the ocean! Let's all do our part and save the environment for all to enjoy. Help Tippy the Sea Turtle Fight Plastic Pollution.

Contest Guidelines

- ◆ All participants must be residents of The Bahamas.
 - ◆ The competition is open to the youth (up to 25 years).
 - ◆ Content must be inspired by the Bahamian environment to raise awareness of plastic pollution.
 - ◆ Choose any format that can be shared on social media to express yourself and inspire change.
 - ◆ Videos are limited to 60 seconds.
 - ◆ Entries must include Tippy the Sea Turtle.
 - ◆ Entries are limited to one per person.
 - ◆ Entries must be the original work of the entrant.
 - ◆ Content must be family friendly.
- Email submissions to breef@breef.org by April 28, 2017. Include your name, age, school name (if applicable), telephone contacts.

All entries become the property of the Bahamas Reef Environment Educational Foundation (BREEF).

Sooner or later, we will have to recognize that the Earth has rights, too, to live without pollution. What mankind must know is that human beings cannot live without Mother Earth, but the planet can live without humans.

Evo Morales

Business Month is a Huge Success!!!!!!



The Business Department outdid itself this year. The month started with an entire newscast production spearheaded by the business students and presented to the staff and students of BMES during the Monday assembly. During another assembly, the business department invited Kerel Pinder, a motivational speaker to talk with warriors. She encouraged everyone to be creatives and to never give up on a dream no matter the naysayers. The highlight of the month was when students were able to sell or promote their creations. This included items from cupcakes to air-plane drones. The theme for this year's Business Month was **ENTREPRENEURSHIP**.

There is no innovation and creativity without failure. Period.
Brene Brown

The Sports Page

Whatever sport you're looking at, it's usually the team that makes the least mistakes that has the most success. Joe Torre



Junior Girls Win the Geneva Rutherford Hoytes Classic Basketball Tournament

The junior girls were among several teams participating in this year's Geneva Rutherford Hoytes Championship. Teams from New Providence and Grand Bahama battled it out for bragging rights, but there could only be one winner. At the end of it all, Bishop Michael Eldon lady warriors reigned supreme. They played tirelessly for many nights and persevered. Their outstanding rebounding prowess, sensational shooting, and outstanding defensive capabilities made it all possible. Congratulations lady warriors and congratulations to your coaches Wayne Smith and

BMES Makes a Strong Showing at Island Sports

At this year's Island Sports, Bishop Michael Eldon warriors again displayed their many talents



on the field and on the track. Like always, the mighty warriors showed grit and determination while representing their school to the best of their abilities. There were several stand-outs such as Latevia Adderley, Quanisha Marshall, Ebony Kelly, Dajonae Jayawardana, Travis Joseph, and Israel Williamson. Congratulations to the Senior Girls who won their division and the intermediate girls who were runners-up. Awesome job warriors! You are truly one of a kind.



Little Warrior Gymnasts Take Over Orlando

More than 10 warriors traveled to compete at the Presidential Classic



Gymnastics Competition in Orlando, Florida this past month. They all performed well and placed high in the competition. Keep on flying high warriors. The

future is yours for the taking. Maybe there is an Olympic gymnast in the making or even better several.

Primary School Girls' Softball Team Scoring Big

This year's squad is doing an awesome job on the field. Their coach Ms. Oembler has them hitting, fielding, and running the bases well. The way they look, they are definitely headed for the playoffs. So far, they have only one loss.



Supporting Red Nose Day

Warriors showed their support to Caden Levae Smith, student of Saint Anne's School in New Providence, and founder of the Red Nose Day in Bahamas. After seeing a man take food out of the garbage, she realized that something had to be done to address the poor in the Bahamas, and came up with the idea after seeing it done in the UK. Each red nose costs \$2 and all proceeds would be donated to help feed the poor of this country especially children.



National Ozone Unit Primary Poster Competition

The National Ozone Unit of the Department of Environmental Health Services will be conducting a primary school poster competition. The theme of this year's competition is "Ozone and Climates Restored by a World United." The competition is limited to grades 4-6. Prizes will be awarded during World Environment Day June 2017.

Hole in the Ozone Layer?



- ◆ Poster should measure between 18-24" high and 30" wide
- ◆ Prizes will be awarded to the winner in each island and to 1st, 2nd, and 3rd place nationally
- ⇒ 1st Place—10" Tablet + \$100 + Gift Certificate
- ⇒ 2nd Place—\$200 + Gift Certificate
- ⇒ 3rd Place—\$150 + Gift Certificate

Entries must be submitted by May 15th, 2017

Brother-Sister Combo Win Speech and Elocution



Malachi Russell and Shakada Hutson, both from Abaco House, won their individual categories in this year's Inter-House Speech and Elocution Competition. Shakada was victorious in the Juniors and Malachi won for the Seniors. Shakada also won the Junior's Poetry Competition. Malachi and Shakada are the children of Theodore and Simone Hutson. Sage Smith, from Inagua House, was the winner of the Primary School section. Overall, Abaco was declared the winner. Congratulations

Abaco House!!!!!!!!!!!!

Warrior Headed to the National Spelling Bee

Gianna Malabannan is headed off to the capital for the National Spelling Bee Competition. She was the runner-up in the Grand Bahama Spelling Bee, but she looks to take it all in New Providence. She has been working tirelessly for months to not only learn how to spell the words but to know their definitions. Gianna's coaches are Mrs. Simone Hutson and Ms. Andrea Najman. Gianna you are a fierce warrior and know that on the day of competition, we in Warrior Land will be glued to the television screen cheering you on. Good Luck!!!!!!!!!!!!



**DON'T FORGET TO
SPRING
FORWARD**

Sunday at 2 am.

Tips
to help your body adjust to daylight saving time

1. **Don't change your schedule**
Stick to regular waking, eating, sleeping and exercise times.
2. **Have a nighttime routine**
Prepare your body for sleep by engaging in a few relaxing activities before hitting the hay.
3. **Avoid long naps**
Keep naps short (between 20-30 minutes) to avoid disrupting your sleep schedule.
4. **Get some natural sunlight**
Sunlight helps regulate your body's internal clock.

A Great Time at Walkathon



The day was absolutely perfect for a walkathon. The weather was not too hot and it wasn't too cold. In fact it was just right. The walkathon started off with a pep rally then everyone was off for a brisk walk to Taino Beach. The Grade 11's led the way and the grade 12's brought up the rear. The Grade 6 students were amazing. They walked all the way to the beach. The rest of the primary school was bussed most of the way. When everyone arrived at the beach, it was time to relax. The activity that most of the students enjoyed the most it seems was flying a kite. For some it was the first time that they had ever done so. There was lots of food to eat too. All proceeds collected from the walkathon will be distributed to charitable organizations. The walkathon was delayed because of Hurricane Matthew. It usually takes place in October.

BMES Students Achieve Silver Medal



After a long trek on foot out East, 15 students from BMES were able to complete the GGYA challenge of survival and would have earned the silver award. The expedition lasted two days and the students were required to cook their own food and sleep in the elements. The organization focuses on learning through experience, observation, teamwork, and self-discipline. Next year, many of the same students, will strive to obtain the GGYA gold award. The expedition for this will take place in Exuma. If they earn the gold award, they will receive their medals from none other than Prince Edward himself. Congratulations to all you warriors.

March Birthday Celebrants

Camren Outten
Ashia King
Aidan K-Tener
Waydera Babb
Raegan Daniels
Avani Smith
Shakia Bethel
Lakiesha Saunders
Chantavia Newton
Rocky Woodside
Kenneth Leung
Ma'tavia Dean
Branee Roberts
Javon Basden
Rayanne Morley
Adon Bethel
Jonathan Szeto
David Sealy
Scorpio Robinson
Logan Graham
Alaina Moxey
Caanan Albury
Seth Thompson
Tyler Cartwright
Izarra Nesbitt
Tramez Cooper
Fiorella Long
Glenville Hanna
Takeo Stubbs
Tavares Moss
Nathan Allen
Devin Henderson
Kanye Johnson
Walter Parker
Tia Williams
Timothy Quant
Quinton Saunders
Jadeh Rolle

Rhia Rolle
Te'ya Stuart
Roy'janae Brown
Javano Bridgewater
Aidah Musgrove
Amari Wilson
Jaleah Knowles
Reagan Charlton
Malik Rolle
Tyrek Bridgewater
Stephen Saunders
Isaiah Bowe
Chase Simmons
Dominick King
Rachel Thompson
Dwayne Gardiner
Cahlin Bannister
Denzel Harris
Trey Dawkins
Tatiana Buzzi
Ian Rolle
Gardeko Ewing
Kimberly Low
Arriel Quant

STAFF

Angela Johnson
Thea Rutherford
Meghan Scott
Irma Viajar



BISHOP MICHAEL ELDON SCHOOL
Formerly Freeport Anglican High/Discovery Primary Schools

Post Office Box F-40667
Freeport, Grand Bahama
Bahamas

Telephone: 373-8334
Telephone: 373-4391
Fax: 373-4437