



VOLUME 1

ISSUE 2

# BMHS DIGITAL DISPATCH

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## EDITOR

Crystal White

## FROM THE EDITOR

Dear Readers,

In this second issue of our Newsletter I am thrilled to share some exciting updates from our school community for the term January - March 2024. As always, the school was abuzz with activities, outings, events and of course student achievements.

Our recent Sports Day was a huge success, showcasing the incredible talent and sportsmanship of our students. In addition, we held the inaugural Bible Boom Competition, which was a fantastic display of knowledge and teamwork.

Our students also actively participated in the annual Health Week, learning about the importance of well-being and healthy living and I am proud to announce that our school has made it to the finals in the National High School Track and Field Competition, a testament to the hard work and dedication of our student-athletes.

I want to express my heartfelt gratitude to all our readers for your continued support of the newsletter. Your enthusiasm and encouragement drive us to keep sharing the wonderful achievements and events happening at our school.

Thank you for being a part of our community and for your ongoing support.

Warm regards,  
Crystal White



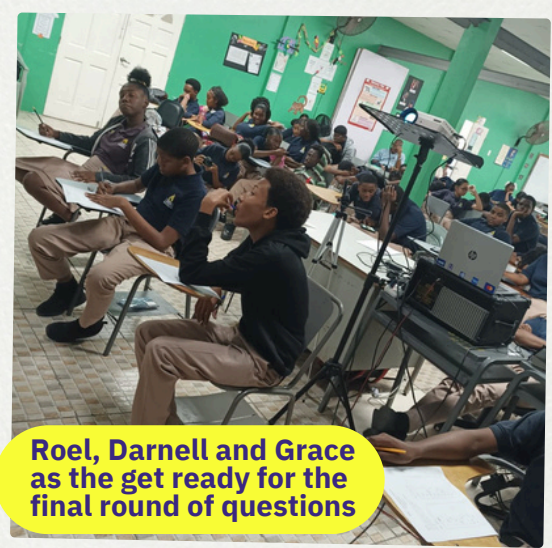
# BIBLE BOOM CHAMPION

Our first Bible Boom Championship kicked off on January 26th, not without some initial challenges. The focus for this year was the book of Daniel. At the start, there were connectivity issues as all students logged in for the event, and then finding a suitable date for the physical semi-finals posed another hurdle.

Despite these obstacles, with some divine help, we successfully navigated through the time and tech challenges, leading up to an intense final round with five exceptional finalists. The finalists, Roel Rattan (Form 5), Devon Martinez (Form 4), Grace Thom (Form 5), Genesis Sobers (Form 4), and Darnell Lewis (Form 1) all gathered in the school hall on March 22nd for a fierce competition with the backing of their fellow students. It was a battle between Sapphire and Ruby to see who will win extra points for their House. A three-way tie for first place, prompted an extra round of questions to determine the ultimate victor.

The excitement peaked when a thrilling two-way tie pushed for a final resolution. Mr. Hernandez was tasked with using mathematical precision to break the tie. Genesis Sobers emerged as the triumphant champion of the Bible Boom, earning the prestigious trophy and points for her house (Ruby), along with two day passes to Five Islands Water Park. Darnell Lewis came in a close second, securing two tickets to Tobago, while Roel Rattan clinched the third position and won Bluetooth headphones courtesy of Let's Talk, Trincity Mall. Grace and Devon, as runners-up, received hampers as tokens of appreciation. All finalists received a certificate of participation.

We can't wait for next year!



Roel, Darnell and Grace as the get ready for the final round of questions



Genesis Sobers with the Bible Boom Challenge Trophy

## YOU ARE NOT FORGOTTEN

WRITTEN BY ASHA WILSON, FORM 5

**For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 NIV**

It's that time again. We knew it was coming, and honestly, most of us just want it to come and go quickly. The last five years of studying, labs, research, lectures and the added bonus of SBA's have brought us to this point. Some of us feel ready, others, not so much.

I am in the latter group. Things aren't looking good. Most of my papers ended up blank! I prayed, wondering why I'm struggling despite putting God first, while others who don't believe seem to be succeeding.

Then I remembered times when God did fulfilled His promises to me. It felt like the Holy Spirit was reassuring me that God is always with me. It is easy to feel like God has forgotten us when things aren't going our way but it is then that we must remember the times when He did not forget us. We must wait for the Lord, trust in His timing and and truly put our lives in His hands. If we believe and meditate on this, then instead of losing hope when things go wrong, we will sing God's praises because we have faith that He will work it out.

Having faith is like a blind man running confidently to a place he has never been before, knowing very well everything will be alright.



***“If our physical habits are not right, our mental and moral powers cannot be strong; for great sympathy exists between the physical and the moral.... Habits which lower the standard of physical health, enfeeble the mental and moral strength”.***

***Testimonies for the Church 3:50,51***



# **YOUR HEALTH IS YOUR WEALTH !**

Health Week commenced with great enthusiasm!

- On the first day, Monday, January 29th, Mrs. Stephanie Jeffrey, a mental health social worker, delivered a presentation focusing on healthy living. She introduced students to the NEW START lifestyle: Nutrition, Exercise, Water, SUNSHINE, TEMPERANCE, AIR, REST, and TRUST IN GOD.
- Later that day, Dr. Angel Castillo, a psychiatrist, discussed mental health and well-being, providing insightful presentations.
- On Tuesday, students with parental consent underwent screenings for non-communicable diseases, conducted by nurses from the Eastern Regional Health Authority. Teachers also participated, promoting a sense of responsibility for their health.
- Sangre Grande Police Station officers, PC Marrin Phillip and WPC Sharon Ryan addressed safety during the upcoming Carnival weekend and holiday camps.
- The week featured activities like the "Let's Get Physical" aerobathon led by Ms. Coreen Andrews, with Tishaun Sutherland of Form 4 and Grace Thom of Form 5 emerged as winners.
- Students also enjoyed the Nariva Nature Trail hike in Bush Bush.
- Wrapping up the week on Friday, February 2nd, was a community health walk in the North Eastern Community, distributing Priority magazines to promote healthy living and share the message of love and sacrifice through Jesus Christ.

Gratitude was extended to all stakeholders, Chaplain White, Guidance Officer Mrs. McConnel-Gonzales, and the Health Committee for their contributions to the success of Health Week 2024.



Head Teacher Mrs. Thom-Lewis, along with the Early Bird and Track and Field Awardees. Left to right

- Shanequa Goitia, (T&F)
- Isabella Solomon (T&F)
- Samantha Ramlagan, (EB)
- Kemicah Reece, (EB)

Notably absent

- Jerrell Perterson (EB)
- Azariah Joseph (T&F)

**Do you have a story or devotion to share?  
We would love to hear from you and  
welcome your contribution.**

**CONTACT US AT:**

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**This newsletter is published once per term and distributed digitally. if you would like to join our mailing list please let us know via email.**



# SPORTS: NATIONAL TRACK AND FIELD

Term Two at BMHS was intense and active due to our deep involvement in Secondary Schools Track and Field. We took part in two cross-country runs, one at Queen's Park in Port-of-Spain and the other in Point-Fortin. Unfortunately, we had to skip the third run as it got cancelled due to bad weather. Shanequa Goitia from Form 4, Isabella Solomon from Form 3, and Azariah Joseph from Form 2 gained national recognition from these events.



Our journey continued with the regional tryouts, where these three young ladies once again represented BMHS and made us proud. They not only put us on the map but also left many wondering about the identity of Bates. Our school ethos of head, heart, and hand shines through in all we do. We extend our gratitude to everyone who took part and supported us during this year's national events. Anticipation is high as we look forward to the events of the upcoming year.

## IAD WEEK OF PRAYER

This term we focused on the topic "Identity". Here are a few highlights from the week.



Students display their "Positivity Hearts" during Chapel

### Take a Stand!

Tshianne Thomas  
Natalia Francis  
Attalia Phillip  
Form 2  
Teacher: Mrs St. Hill, Mr. Bailey-King

Choristers lead out in song service as we had our prayer walk around the school, stopping at different prayer stations to pray for the needs of the school

We stand for God,  
When our praise is on,  
He is there when we call  
So why not give Him your all.  
With Him you'll never fall.  
He just asks for your all  
He is our rock.  
Even when we're stuck  
He picks us up,  
He holds us close,  
And cheers us up.  
He loves us and wants to save us  
So why not repent  
And live with Him without rent.  
Put your trust in Him  
And choose Him today  
Because He's the only way.  
When your feeling down,  
He reminds you to put on your crown.  
Now this has come to an end  
Don't forget Jesus is your friend.



## AND THE WINNER IS...

The annual school sports began long before February 29th. Throughout the term there were exciting preliminary events such as netball, aerobics, and football. Points were accumulated towards determining the overall winner. Despite a shaky start, Ruby House showcased their dominance on the green carpet, in the track and field and novelty races, winning the march past and ultimately clinching the overall sports title.



Tishaun Sutherland of Form 4 (forefront) and the other top four go through the final round of exercises before winning the aerobic burnout for Sapphire



Ruby celebrates after their win