



BMHS DIGITAL DISPATCH

An official student publication of Bates Memorial High School

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This term was brimming with unforgettable events that truly highlighted our school year! We kicked things off with an exhilarating Sports Day, where laughter and friendly competition filled the air as students showcased their skills in various games.

The vibrant Festival of Booths brought our community together, with colourful decorations, delicious treats, and lively performances that left everyone in high spirits. To top it all off, we experienced a breathtaking car show, featuring stunning vehicles that gleamed under the sun, igniting a sense of wonder and excitement among all who attended. It was a term to remember!

Such energy and vibrancy. However, our termly church visit, the Week of Prayer, Bible Boom and Health week also balanced off the hub of activities for the term.

None of this would have been possible without the hard work of our dedicated teachers and supportive Home and School Association (HASA). We thank you for your tremendous support, and we look forward to wrapping up the school year next term with a bang!

School Highlights

Athletes Shine Through Threatening Skies

Despite dark clouds and rain threats, spirits soared at the annual Sports Day on February 17th, featuring a new four-house system with Yellow-Edson joining Red-Smith, Blue-Bates, and Green-Andrews. Edson made a remarkable debut, winning both the March Past and the overall championship.

The day began with the exciting March Past, showcasing discipline and enthusiasm. Despite occasional rain, student athletes competed fiercely in track and field events, cheered on by housemates, teachers, and parents. Novelty races added fun and inclusivity, with participation encouraged from all students.

As the event concluded, Edson House was declared the overall champion, thanks to their consistent performance across events. Congratulations to all participants and supporters for a memorable Sports Day, marked by spirited competition and Edson's victorious debut!



Bible Boom 2025

In our second annual Bible Boom Competition, we centered our focus on the Book of John and selected chapters from 'The Desire of Ages'. The competition was intense, but ultimately, M'Keyah Lowe of Form Four emerged victorious.

This year, we also collaborated with Mr. Dale P.H. Scobie, Attorney-at-Law and a past teacher of BMHS, to present the Alpheus R. Scobie Award. This award offers a partial scholarship that covers one term's tuition for the winner of Bible Boom.



Bible Boom 2025 finalists from left to right: Gabriel Thom- 2nd Place, Kermicah Reece- 3rd Place (tied), M'Keyah Lowe- 1st Place, Katie Francis- 5th Place, Faith Sobers - 3rd Place (tied), Back: Chaplain Crystal White



Bible Boom 2025 Champion M'Keyah Lowe accepts the challenge trophy from the Principal Ms. Jacqueline Jones

IAD Week of Prayer 2025

Pastor Jude Valdez presents one of his sermons during this year's IAD Week of Prayer, themed "A Quiet Heart and a Free Mind." Students were inspired to engage all of their senses in praising God while also being vigilant to protect their senses from the enemy's attacks.

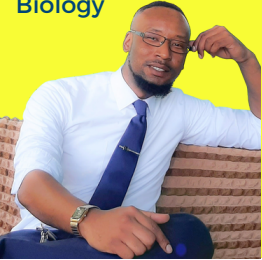


What's New at BMHS?

INTRODUCING MR. MACHEL MAKESI PETERS

Subjects: Integrated Science, PE,

Hobbies: Reading, Hiking, Poetry
Secondary Education: Presentation College, Chaguanas
Tertiary Education: The University of the West Indies, St. Augustine
Major: Biology
Minor: Environmental Biology



As the second of three siblings, I possess a genuine passion for sports and the life sciences. I firmly believe that education is the key to achieving greater success. I am eager to collaborate with all stakeholders to fulfill our mission of providing quality education and preparing young minds for service in this world and the world to come. I anticipate significant accomplishments with the BMHS Family, guided by God, as we uphold our motto: "Light and Truth shall always be esteemed in the lives of all our students."

Favorite Text: Philippians 4:6-7

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

FIRST COHORT OF BMHS PEER COUNSELLORS



Alisha St. Rose
Xaria Sadow
Latoya Castellano
Selina Adams
Genesis Phillips
Natanial Picton
Cristiano Cumberbatch
Suvarn Motilalsingh
Anthony Alexander

On April 15th and 16th 9 students from Forms 1 to 4 took part in our inaugural Peer Counselling program.



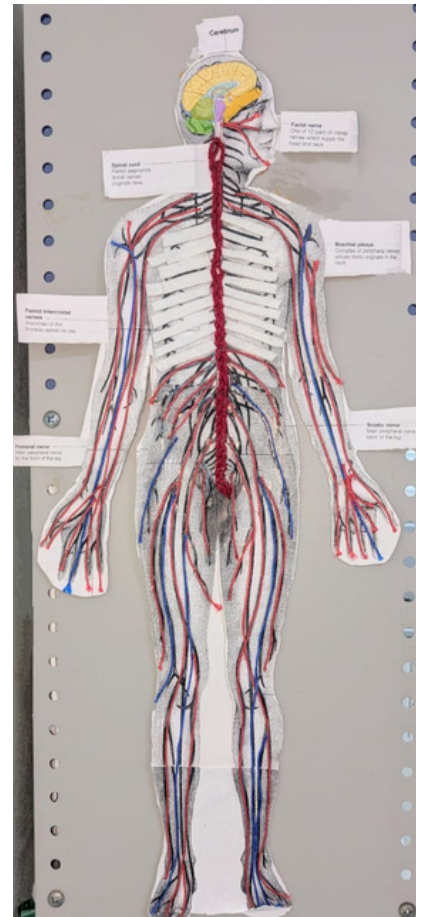
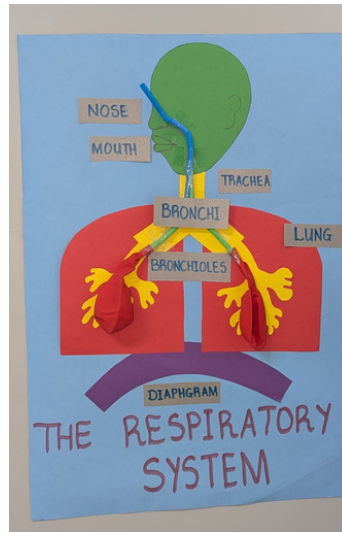
NEW CSEC SUBJECTS: PE, INTEGRATED SCIENCE, MUSIC, CLOTHING & TEXTILE

As we progress in our mission to develop well-rounded students, I am pleased to announce that this year, students have participated in the CSEC examinations for the first time in Integrated Science, Music, Physical Education, and Textile, Clothing, and Fashion.



In The Classroom

Students display their creativity in the classroom.



BMHS 1st Festival of Booths and Car Show



From Diapers to Wi-Fi: The Multifaceted Dads of Today

By Shelci-Marie Herbert

Gone are the days when dads were just the mysterious figures behind the newspaper, calling out bedtime rules from across the living room. Today's fathers are breaking stereotypes and stepping into roles that go beyond being breadwinners. They're emotional anchors, digital protectors, and partners in parenting—and let's be honest, their dad jokes are both legendary and, sometimes, painfully corny.

Not Just a Provider—But a Support System

Sure, fathers have always been providers, but it's not just about money anymore. Today's dads are actively involved in their kids' lives, offering emotional support, helping with homework, and guiding their children through life's ups and downs. One father shared, "I didn't cry at my wedding, but when my daughter won her spelling bee? Full tears."

Guardian of the Home—And the Wi-Fi Password

Dads still make sure the doors are locked at night, but now they also guard the household's online world. From setting up parental controls to teaching kids about internet safety, fathers are ensuring their children navigate the digital space responsibly.

Parenting Partner, Not Just a Backup

Gone are the days when dads were sidelined during diaper duty. Today, fathers are present in every part of parenting—attending school events, organizing playdates, and even preparing snacks for PTA meetings. Studies show that involved fathers contribute to better academic performance, higher self-esteem, and fewer risky behaviors among kids.

Cheerleader-in-Chief

Fathers boost morale, whether it's through motivational pep talks or classic dad wisdom. Their infamous dad jokes may cause eye rolls, but let's face it—they bring much-needed laughter into the home. "Dad jokes are like vitamins for the soul," said one teenager, begrudgingly.

More Than Just a Role Model—A Life Coach

From teaching life skills like riding a bike to refereeing sibling arguments, dads do it all. They jump into imaginary worlds, becoming superheroes, tea party guests, or even unicorns—all before breakfast.

Celebrating the Everyday Hero

As Father's Day approaches, it's time to appreciate the dads who show up, put in the effort, and make family life better. Not every father gets it right, but many are trying their best. And for those who don't? There is always **The Mighty Father—God**—The one who never sleeps on the job. Who provides, protects, heals, guides, and loves with a perfect, unconditional love. He is the blueprint for fatherhood, the standard that no one else can fully match — yet the one who strengthens those who try.

In a world full of flawed dads and broken homes, The Mighty Father remains a constant. A refuge. A redeemer. The Father to the fatherless.

So while we honor the dads doing their best — we also look up to the One who's been fathering us all along and whether it's a high-five, a "thank you," or a sippy cup raised in their honor, let's celebrate the modern dad—the unsung superhero of the family.

The House School

**By Shelly Ann Christopher-Henry,
Class of 1990**

"I'm going to school in this house?" I expressed my concerns to my mother. She nodded as I stepped through the doors of the 'house' in 1988. It was within these walls that this school transformed into a home away from home. Friendships blossomed here, many of which are still cherished today.

Teamwork, understanding, cooperation, tolerance, forgiveness, and love were cultivated and nurtured. We celebrated achievements together and supported one another through failures and losses. Through it all, we stood united as a family, particularly in Ms. John's class—if you know, you know. As an introvert and shy at the time, I found my footing through various activities such as chapel, debates, sports, and church day, which laid the groundwork for my career and church involvement. The teachers truly became our second parents, guiding and counseling us at every turn. I must acknowledge Mr. and Mrs. Gurley, Mrs. Adams (now deceased), Ms. John (now deceased), Mr. Smith, and Ms. Dan (now deceased).

Helping Mr. Gurley with grading Math test papers was, I believe, the cornerstone of my journey as an educator. His motto for my classmates and me, "Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you," has become my guiding principle.

Home, Church, and School

My husband, who also attended Bates, and I were united in our belief that our children would attend Bates; it was never a topic for debate. Today, Bates offers small class sizes, where teachers remain caring and foster a safe and nurturing environment for our children. Most importantly, Bates continues to provide a spiritually enriching atmosphere.

While some may argue that Bates lacks the activities found in public schools, I believe that God has given us a directive, and if I follow Him, He will compensate for what we might miss. Education here is about more than just academics; it's about training for both this life and the next. So far, He has never let me down. My daughter has excelled, passing her eight subjects with ones and twos, and our sons are currently thriving at Bates.

Put God to the Test

What He has done for others, He will do for you.



Healthy Eating Journey

By Ian Green, Health Enthusiast

The words for today are VARIETY and CONSIDER.

By the end of each week, let us ensure that we eat a variety of:

+ fruits and vegetables representing a wide range of colours

+ nuts and seeds

+ whole grains

+ legumes

Let us be determined to plan carefully so that we can eat healthily, consuming a variety of food items in order to get a wide range of nutrients.

Try to keep away from white bread, sugar-sweetened drinks,

sugary cereals, sugary snacks, salty snacks, processed meat, red meat, and commercially-made fried food.

Consider having avocado, bananas, blueberries, chia seeds, ground flaxseed, sweet potato, and walnuts at least once or twice each week. Consider using extra virgin olive oil every day, or almost every day.

Consider baking your own bread using a variety of healthy ingredients, perhaps including some of the following items: oats, ground flaxseed, wheat germ, plantain, pumpkin, and yam.

Consider asking leadership at your faith-based group, community group, or Home and School Association/PTA to arrange for a Healthy Baking course during the July-August period.

As we plan our meals, let's remember to plan with variety in mind so we can benefit from a wide range of nutrients. Let's consider if there are small changes we may need to make as we seek to eat healthier. (If you wish, you can get a perspective on the above from your dietitian or health coach.

If you have a medical condition, be sure to discuss food selection with your health care professional.)

BMHS Student Council 2024/2025

President: Katie Francis

Vice President: Hadiya Edwards

Secretary: Xaria Sadlow

Treasurer: Shavay Connell

Class Representatives

Form 5: Breanna Mitchell

Form 4: Tyree Martin

Form 3: Nathaniel Griffith

Form 2: Dawnelle Hackett

Form 1: Faith Sobers

Objectives:

- Establish additional clubs that encourage student engagement and interest.
- Develop more platforms for students to express their opinions.
- Enhance the school grounds to ensure comfort and safety for everyone, incorporating enjoyable events and activities.

WE WANT TO HEAR FROM YOU

If you are a Student, Parent, Past Pupil or Stakeholder and would like to contribute to this news letter in any form please contact us at

bmhsdigitaldispatch@gmail.com