



December
2023

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THE COLLEGE BELL

*The Official Newsletter of the Harrison College/
Queen's College Alumni Associations Network*



PRESENTS

Under the Patronage of
Sir Trevor Hassell, K.A. and Lady Hassell

NIGHT OF THE STARS AWARDS

and celebration of the
290th Anniversary of Harrison College

(with Dinner & Dancing)

Saturday October **21** at Ilaro Court,
Two Mile Hill
St. Michael

from 6:00 pm until Midnight

Early Bird Tickets: \$250.00
until October 6, 2023

Regular Tickets: \$275.00

Available only: www.ticketpal.com
Tables for 8 available

Event Organized by

HCQC ALUMNI NETWORK

For more information

Email: hcqcanevent@gmail.com

Silver Contributor: Mr. Tony Fields, Alberta, Canada

The Night of the Stars Awards

On a cloudy Sunday night, October 22, 2023, the second Night of the Stars Awards took place at Sweetfield Manor, Brittons Hill, St.. Michael, in Barbados. This red carpet event was due to be held on Saturday, October 21, 2023 at Ilaro Court. However, the weather during the previous week was not cooperating. On Friday the heavens opened, as predictions of inclement weather became reality. Despite the stormy conditions, every single performer came out, including students whose parents bravely faced the elements. Sound technicians and members of the steering committee, some in rain gear, were also in attendance. And so, rehearsals took place. However, by Saturday morning, sheets of rain were still pouring from the skies, while the parking lot became a swamp.

It was obvious that Plan B had to be implemented. The decision was made to change the venue to Sweetfield Manor, which had more protection from the

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of the
Harrison College
& Queen's College
Alumni Associations



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*Across the miles, across the years...
to all our members and friends*



M E R R Y

Christmas



Image by BizkettE1

Contributors Wanted!



**We want to
hear from YOU!**

Send your articles, photos, memories, comments to
communications.hcqc@gmail.com

The Night of the Stars Awards *Continued from Page 1*

elements, and to change the date from October 21 to 22. Calls went out using social media to inform our patrons that the event would be held the following day, Sunday.

Undeterred by the elements and last-minute changes, The Night of the Stars Awards started with a dance number performed by a troupe made up from both schools...and what a performance it was. It was powerful and choreographed to the music of Nicholas Brancker (an alumnus of Harrison College). It was an Academy Award-style presentation. The host, QC alumna, Cheryl Phillips and co-host, HC alumna Laura Nicholls, handled their role with aplomb and elegance.

The Night of the Stars Awards honours alumni who have contributed significantly to their fields of endeavour. And at 8:32pm, the first award winner was announced.

This was Medicine and Health Services Award, with many outstanding alumni having been nominated.

The finalists in this group were all Harrison College alumni:

Dr. Christopher Banfield

Dr. Victor Blanchette

Dr. Paul Steinbok

And the Medicine and Health Services award went to Dr. Paul Steinbok.

Our second category was in the field of Law – and once again, this category was difficult, just because of the sheer number of nominees.

The finalists were:

Sir Trevor Carmichael - HC

Ms. Jacqueline Cornelius - QC

Sir Elliott Mottley - HC

And the award went to Sir Trevor Carmichael.

The third award at the Night of the Stars was in the field of Education.

Medicine and Health Services Finalists



Dr. Christopher Banfield



Dr. Victor Blanchette



Dr. Paul Steinbok, Award Winner

Law Finalists



Ms. Jacqueline Cornelius



Sir Elliott Mottley



Sir Trevor Carmichael, Award Winner

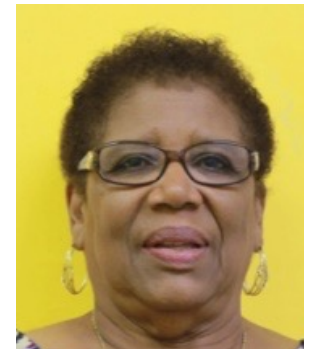
Education Finalists



Dr. Richard Drayton



Dr. Jacqueline (Alleyn) Fergusson



Dr. Eleanor Hackett, Award Winner

Our finalists in this category were:

Dr. Richard Drayton - HC

Dr. Jacqueline (Alleyn) Fergusson - QC

Dr. Eleanor Hackett - QC

And the award went to Dr. Eleanor Hackett.



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The Night of the Stars Awards *Continued from Page 3*

Science & Technology Finalists



Dr. Carlisle Boyce



Dr. V. Gooding, Award Winner



Niel Harper



Dr. Andrew Phillips

The fourth category was in the area of Science and Technology. The finalists were:

Dr. Carlisle Boyce - HC

Dr. Victor Gooding - HC

Mr. Niel Harper - QC

Dr. Andrew Phillips - HC

And the award in the field of Science and Technology went to Dr. Victor Gooding.

Our fifth award for was in the category of Business and Financial Services. Once again, there were many nominees in this area. The finalists were:

Dr. Patricia Downes-Grant - QC

W. Dave Dowrich - HC

Alan Smith - HC

And the award went to Dr. Patricia Downes-Grant.

The sixth award was in the field of Sports. The finalists were all Queen's College alumnae:

Freida Nicholls, OLY - QC

Sandra Osbourne - QC

Donna Symmonds - QC

And the award went to Sandra Osbourne.

Our seventh award was in the area of Media and Creative Arts. The finalists in this category were:

Marvo Manning - QC

Hartley Marshall Alleyne - QC

Dr. Sharon Milagro Marshall - QC

Reginald Medford - HC

And the award went to Dr. Sharon Milagro Marshall.

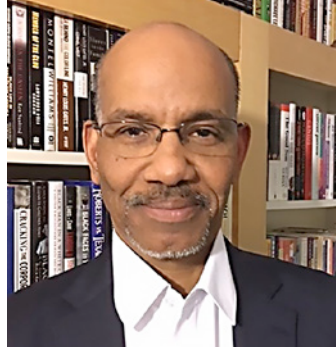
Business & Financial Services Finalists



Dr. Patricia Downes-Grant, Award Winner



W. Dave Dowrich



Alan Smith

Sports Finalists



Freida Nicholls, OLY



Donna Symmonds



Sandra Osbourne, Award Winner

Media & Creative Arts Finalists



Marvo Manning



Hartley Marshall Alleyne



S. Milagro Marshall, Award Winner



Reginald Medford



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The Night of the Stars Awards *Continued from Page 4*

Staying with the creative theme, our next award was for the Performing Arts.

Dr. Nicholas Brancker - HC
Michael "Mikey" Mercer - QC
Elan Trotman - QC

And the award went to Dr. Nicholas Brancker.

Our ninth award at the Night of the Stars was in the category of Public and Community Affairs

The finalists were:

Dr. Christopher Hackett - HC
Dr. O'Neale Parris - HC
Prof. Margaret Anne St.. John - QC

And the award for Public and Community affairs went to Professor Margaret Ann St.. John

The Posthumous Award was the tenth award of the night. The finalists were:

Dr. Eugene Theodore Agard - HC
Harold Brathwaite - HC
Dr. Dorothy Cooke-Johnson - QC
Dr. Jean Holder - HC

And the winner was Dr. Jean Holder.

At the Night of the Stars, a couple of new awards were presented. Since the last Night of the Stars, the steering committee felt that recognition should be given to some younger alumni who are emerging leaders in their field and who have made a significant impact and contribution in their field of endeavour at an early stage in their career; hence the new Emerging Leader award.

The finalists in this new category are:
Carlton Cummins - HC
Machel Forde - HC
Shontelle Layne - HC
Kiira Lavine - QC

And the first recipient of the Emerging Leader Award was Shontelle Layne.

Performing Arts Finalists



Dr. Nicholas Brancker,
Award Winner



Michael "Mikey"
Mercer



Elan Trotman

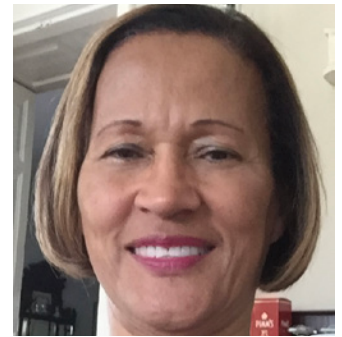
Public & Community Affairs Finalists



Dr. Christopher Hackett



Dr. O'Neale Parris



Prof. M. Ann St. John,
Award Winner

Posthumous Award Finalists



Dr. Eugene
Theodore Agard



Harold
Brathwaite



Dr. Jean Holder,
Award Winner



Mrs. Dorothy
Cooke-Johnson

Emerging Leader Award Finalists



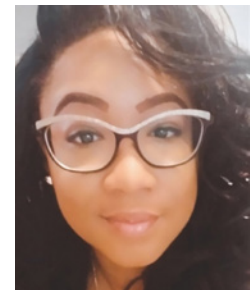
Carlton Cummins



Machel Forde



Shontelle Layne,
Award Winner



Kiira Lavine

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The Night of the Stars Awards *Continued from Page 5*

The next award was the Spirit Award. This award goes to someone who is not necessarily an alumnus, but whose contribution to the school has been significant in its benefit to the students and in furtherance of the school's legacy.

Our finalists were:

Margaret Downie - HC Secretary-Treasurer

Janice Jemmott - QC Guidance Counsellor

John Roett - HC- computer programmer, musician, author, musical director

And the Spirit Award went to Janice Jemmott.

The Steering Committee decided to give out two very special awards. The Exceptional Leadership in Education award recognizes an outstanding individual who has demonstrated an unwavering commitment to the field of education, fostering learning, and inspiring the next generation. This award celebrates their dedication, innovation, and profound impact on the educational community.

This year's recipient of the Excellence in Education was Dr. David Browne, beloved retired Principal of Queen's College.

The second special award is the Distinguished Service in Education Award, which is bestowed upon an exceptional person who has demonstrated unwavering commitment and selfless dedication to serving their community, profession, or society at large, setting a shining example of benevolence and inspiring others to make a positive impact. This prestigious accolade recognizes the lasting influence our educators have on the world through their outstanding contributions and service. This year's recipient, we are thrilled to announce, was Ms. Juanita Wade, retired Principal of Harrison College.



Margaret Downie



**Janice Jemmott,
Award Winner**



John Roett



Dr. David Browne



Juanita Wade

Congratulations to all the incredible winners of this year's Night of the Stars Awards. Your achievements have not only shone brightly but have also inspired us all. We applaud your dedication, passion, and outstanding contributions that have brought you to this well-deserved recognition.

We now invite our readers and fellow alumni to begin thinking of other alumni who deserve to be in the spotlight at the next gala, scheduled for 2025. We cannot wait to begin the process to recognise once more, the extraordinary accomplishments within the Harrison College-Queen's College community.



PASSAGES

Celebrating the social, professional or personal milestones of our alumni. If you have announcements that you'd like us to feature, please reach out to us at communications.hcqc@gmail.com



Philip Tudor

A Harrison College alum and Civil Engineering graduate of UWI and Louisiana Tech University, Philip had a 40-year career at the Barbados Ministry of Transport, Works, and Water Resources. He had not long been appointed Acting Chief Technical Officer when he fell ill.

In a statement on behalf of the Prime Minister and fellow members of the Cabinet, Acting Prime Minister, the Honourable Santia Bradshaw, noted that "Philip's footprint has been indelibly stamped on the landscape of Barbados" through his work on public infrastructure including drainage systems, bridges, landslide mitigation and road rehabilitation. His legacy also includes such projects as the Mango Bay and Island Inn hotels.

He was a member of the Barbados Association of Professional Engineers, a Fellow of the International Road Federation, the Engineers Registration Board of Barbados, and the Soil Conservation Board.

The Acting Prime Minister, in extending condolences to his wife Dr. Leasandra Tudor and their son Alair, noted that Philip served his country with distinction and his guidance will be deeply missed as the many projects he had begun, progress to completion.

Sunrise: 23rd November, 1932
Sunset: 11th November, 2023

Lady R.J. Yvonne
NICHOLLS née Legall
of "Andover", Farm Gap, Green Hill, St. Michael formerly of Trinidad, Colonial Scholar 1951 and Graduate Lady Margaret Hall Oxford 1957, Retired Latin Teacher of Christ Church Girls Foundation School and Queen's College.

Devoted wife of Sir Neville Nicholls, Retired President of the Caribbean Development Bank
Mother of Philip Nicholls Attorney-at Law, Stephen Nicholls and Dr. Christopher Nicholls
Mother-in-law of Beverley Nicholls
Grandmother of Carissa, Edaynah and the late Anya Nicholls
Sister of Auby, Merlin and Flora Legall, Jennifer Pinheiro, and the late Merle Comising and James Legall (Trinidad)
Sister-in-law Cynthia and Sheila Legall, Roderick Pinheiro (Trinidad), Marina Chan (Canada), Harold Nicholls, Basil and Janice Bradshaw and the late Cynthia Eunice Legall, Courtney Nicholls, and Anderson Bradshaw.
Aunt of 25, **great-aunt** of 38 and **great-great-aunt** of 25.
Friend of Sir Steven and Lady Emptage, Carole Philips and Sir George and Lady Alleyne (USA) and Leo Martin (Trinidad).

The funeral of the late **Lady Yvonne Nicholls** leaves **L.E. Smith Funeral Home** on Tuesday, 5th December for the Cathedral of Saint Michael's and All Angels, Bridgetown, where relatives and friends are asked to meet at 10 am for a thanksgiving service, to be followed by a private Cremation.

Viewing takes place on Monday, December 4th at **L.E. Smith Funeral Home**, St. Michael's Row, Bridgetown from 3 pm to 5pm.

In lieu of flowers donations to the Barbados Alzheimer's Society would be appreciated.
Join the family via live stream at <http://lesmithfuneralhome.live/YvonneNicholls>
Condolences to the family may be sent to cartwinn@gmail.com

Ruth Jean Yvonne, Lady Nicholls

Yvonne, Lady Nicholls, was a former teacher of Latin at both Christ Church Girls Foundation School and at Queen's College.

Originally from Trinidad and an alumna of Bishop Anstey School where she was a Colonial Scholar in 1951, she was on her way to Lady Margaret Hall at Oxford University when Neville Nicholls joined the boat when it stopped in Barbados, and the rest was a story for the ages.

She received her Classics degree from Lady Margaret Hall in 1957 and they were married in December 1959.

Lady Nicholls was fondly remembered on social media by many of her former students, as kind and generous and making Latin 'come alive' when she entered the class with her greeting of "Salvete discipuli, discipulae!"

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PASSAGES

Deidre Adrienne Nkese Blackman

aged 31 of Oxley Road, Clevedale, Black Rock, St. Michael

Daughter of Celeste Blackman (HR Manager of Master's Touch) and Justice Dr Olson Alleyne;
Niece of Jacqueline Parris (retired Teacher, St. Elizabeth Primary), Cedric Blackman (retired Teacher, The Frederick Smith Secondary), Carl Blackman (retired Manager, Royal Bank of Canada), Juanita Blackman (Sagicor Life), Denise Blackman (Queen Elizabeth Hospital), Karen Carter (Family Heartbeat International), Johnny Samuel (The Barbados Police Service), Tennason Tull, Tracey Wilkinson, Julia Yearwood (Teacher, St. Leonard's Boys'), Joy Anne Miller (Sagicor Life), Mark Roach (Chefette Limited), the late Patricia Blackman and Juliet Basso;



Cousin of Dr. Corey Blackman (Sweden), Sheron Samuel, Chinaka Blackman (St. Mary's Primary), Ramone Blackman (Barbados Defence Force), Riejuan Blackman-Jessamy, Crystin Blackman, Xavvier Carter, Ryan Parris (RBCI Chartered Accounts), Rochelle Parris (Teacher, St. Elizabeth Primary), Dr. Ronel Hunte (Dental Surgeon), Stacey-Ann Parris (Nurse, Queen Elizabeth Hospital), Kemar Yearwood (The Barbados Police Service), Liam Roach, Jonathan and Jemuel Miller, Dominique and Danielle Blackman-Samuel, Jana Basso and Jelani Tull;

Relative of the Alleyne, Bishop and Lovell families;
God-daughter of Clifton Hinds;

Friend of Adrianna and Ashley Rodriguez (Massachusetts), Shandel Ellis, Xavier Jeffrey, Chrisann Howard, Peter Clarke (ACBL), Henry Thorne (The Barbados Police Service); the Archer, Ramsay and Gittens families.

The Memorial Service for **Deidre Adrienne Nkese Blackman** takes place on Saturday, November 4, 2023 at **Abundant Life Assembly**, Haynes Hill, St. Michael where relatives and friends are asked to meet at 9:30 a.m.

The organist is kindly asked to attend.

Live streaming at:
<https://eternally-cherished.online/DeidreBlackman>

Funeral Arrangements entrusted to **Downes & Wilson Funeral Home**, Eagle Hall, St. Michael. Condolences may be sent to: www.downesandwilson.com

PASSAGES

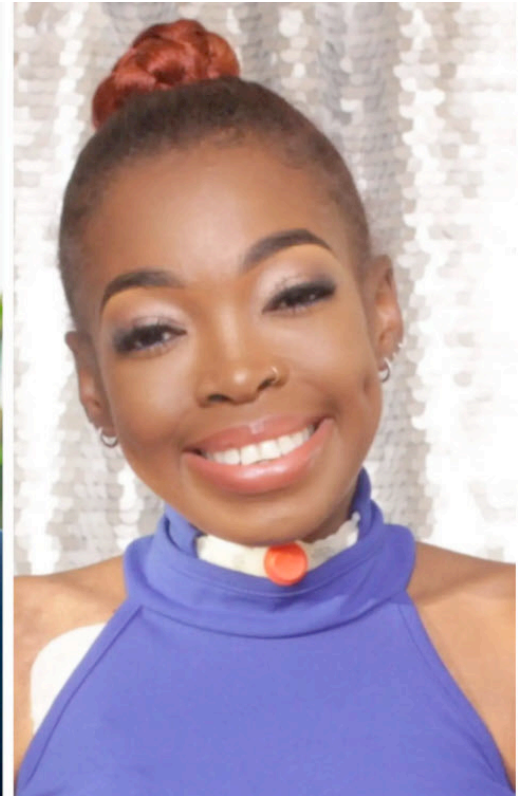
Valance Raudon Grazette and Carrie-Lynn Thea Grazette

It is with great sadness that we record the passing of QC alumnus Valance, and his sister HC alumna Carrie-Lynn.

Valance was the owner of Titan Logistics and a member of the Barbados Rifle Association.

Carrie-Lynn was the 2011 Junior Calypso Monarch under the stage name "Carrie G."

A service of celebration and thanksgiving was held at St. Catherine Anglican Church on December 2, 2023.



About 380 years of friendship!

Queen's College alumnae from the entering class of 1960, met up recently at Calma Restaurant, Holetown, St. James for a lovely lunch and an afternoon of "those were the days"!

Around the table clockwise, from left, are Jennifer Field, Suzanne Gale Turner, Jo Ann Warren, Teresa Marshall, Muriel Atherley Robertson, and Sonja Welch.

Those were some days, indeed, and the stories lived up to every moment! Plans are to continue the stories in 2024.

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PASSAGES



Sandra Osborne

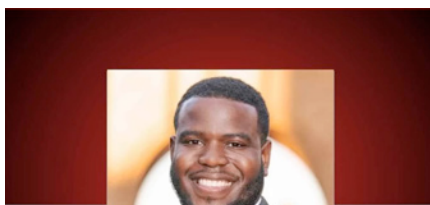
QC alumna and President of the Barbados Olympic Association, Sandra Osborne, has made history as the first Barbadian female to be elected to the position of First Vice-President of the Commonwealth Games Federation (CGF). At the recent CGF General Assembly in Singapore, Sandra secured 66 votes to take the position and will serve as deputy to the newly elected President, Chris Jenkins, of Wales.

Over the years, Sandra, a former vice-president of the Barbados Tennis Association, has served on several boards including as Honorary Legal Advisor to the Commonwealth Games Federation and Chair of the Commonwealth Games Federation Governance and Integrity Commission.



Cher-Antoinette

It has been announced that the artist Cher-Antoinette, alumna of Queen's College, has been awarded the Critics Prize for Best Painting by an Amateur Artist at the 2023 Carmichael Prize Exhibition for her work "TREE OF LIFE: Re-Connect."



F PROFILE

Matthew Clarke

Assistant Professor, University Of Illinois Urbana-Champaign
Champaign, Illinois

Matthew Clarke

Matthew Clarke, a graduate of QC and an Assistant Professor at the University of Illinois in Champaign, Illinois, has been named as one of Forbes Magazine's 30 Under 30 in Science. This is the definitive list of the young people who are changing the world.

Matthew's research focuses on developments for the future of aircraft. While doing his doctoral work at Stanford, he developed an aircraft design tool, SUAVE: an open-source environment enabling multi-fidelity vehicle optimization, used by over 10,000 aerospace engineering professionals, including NASA and Airbus. He is now exploring the interaction between aircraft and the environment to make more sustainable designs and developing the next-generation design code, RCAIDE.

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PASSAGES



Joscelyn Gardner

Joscelyn Gardner, a Barbados Island Scholar from Queen's College, is an independent artist and a Professor of Fine Art at Fanshawe College in London, Ontario, Canada. She works across media in film, video, sound, printmaking, and text. She has had solo exhibitions across the Caribbean, USA, Canada, and Spain. Her awards include the Grand Prize at the 7th International Contemporary Printmaking Biennial in Quebec.

In an interview recently given to Black Maple, an online magazine featuring Black Canadian arts, history, and culture, she thanked her teachers at Queen's College, who inspired her greatly including Daphne St.. John, Dame Elsie Payne, Father Alfonso, and Jeanette Ottley. "They were incredibly supportive and made my school days exceptionally rewarding."

She currently has in development, an experimental 16mm film that began to evolve when she met and talked to a man who lives in a shack that he built from beach debris at Sam Lord's Castle in Barbados. The film explores his daily life in his shack relative to the geography and ecosystem of which he is a part. "He is an artist at heart and lives from the earth and the sea. I have been using the vegetation around him to physically develop and alter the 16mm film."

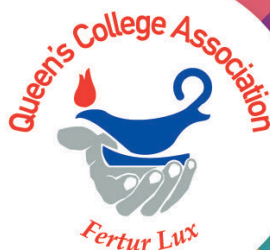
How to Join the Associations

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Nicole Clarke
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OHS (Barbados)
Rudo Catlin
Email: kolijpresident@gmail.com



Your Alumni Associations look forward to welcoming new members, and to your participation in upcoming reunion events both online and in person!

Donate to Support our Schools!

by Mary Symmonds, President, HCQCAA, USA
and Chair, HCQCAN Steering Committee

"In order to live, people require the feeling that their life is bound up with those beyond themselves."

– George Lamming

The 57th anniversary of the independence of Barbados was celebrated with the monument to family. It reminded us that the family continues to uplift Barbados.

We as a family of alumni of both Harrison College and Queen's College continue to draw on our tradition of raising our families and HCQCAN is grateful for the celebrations we enjoyed this year and your generous contributions.

In this season of giving, we are making our final appeal for the year. Our appeal will culminate with a draw from among December donors. The draw will take place on December 31 and three lucky donors will each receive one of the following prizes:

- A staycation donated by BTMI
- A black cake
- A spa voucher from Sweetfield Manor

By donating to the STEAM infrastructure at Harrison College (constructing and equipping robotics and food science labs) and at Queen's College (upgrading science labs and hall for enhancing performing arts) and sports infrastructure (contributing to equipping the sports pavilion and completing perimeter fencing), you are empowering students to excel in these vital areas of education and personal development. Your generosity will directly impact their learning opportunities, create a stimulating environment for growth, and inspire a new generation of innovators, scientists, artists, and athletes.

Your donation may be made through many channels:

- a monthly pledge - scan this code:



Or a one-time donation, payable in any of the following ways:

- 1) Anywhere: www.hcqcalumninetwork.org
- 2) In Barbados:
 - Bank transfer/deposit to Old Harrisonian Society, First Caribbean Bank, Broad Street, A/C 1001136783; ABA/Swift Code FCIBBBBBXXX
 - Cheque: dropped off at First Caribbean International Bank for deposit to Old Harrisonian Society A/C 1001136783;
- 3) In Canada:
 - Bank payment hcqcaatoronto@gmail.com.
 - Or send cheques to Treasurer HCQCAA, Toronto 119 Edgewood, Toronto ON M4L 3H2
- 4) In the USA:
 - Pay via HCQCAA, USA using Zelle at Chase Bank referring to its email address hcqcalums@gmail.com
 - Or via PayPal using its email address: hcqcalums@gmail.com

No matter the amount, your donation will make a difference. If 200 alumni donate BDS\$50 each today, we will raise BDS\$10,000.

We thank you once again and wish you and yours a blessed holiday season and a healthy and fruitful year ahead.





Memories of Christmas Past

by Yvonne Koves

Christmas has always been so special; special smells, special feelings, special gifts to buy and to receive. What would your mum and dad REALLY like for Christmas? Your sister? Your best friend?

Preparations start on that first day of December: making lists and checking how much wrapping paper is in the back of the closet, who is actually coming for Christmas dinner and who will pick up Granny and Grandad. Will Granny bring her special jug-jug? Will Mum and Dad be able to come to the Christmas Carol Concert?

It's time to go and pick up the Christmas tree. Cars pass with trees tied to their roof or hanging out the trunk, hope they make it home! I always want the biggest, tallest tree but my practical mother has her say and her way. We go home with a medium tree. It fits in the living room just where my mother wants it and we all pitch

in to decorate it. The fresh smell of the pine tree is Christmas for me.

The evening of the Christmas Carol Concert I sing my heart out, every familiar carol a sweet melody of this special time.

And on Saturday I get to go down to Bridgetown and browse through Cave Shepherd for those special presents. Now to hide them in a good place! My bedroom door is closed. "No, you can't come in!" I yell.

The day dawns: Christmas morning! Has Santa come? Oh my, yes, yes! Wrapping paper everywhere, what a wonderful morning! After breakfast, I help my mother prepare the turkey. My job is to cut up the loaf of stale bread for the stuffing. Then we cut up celery and rinse the raisins and mush it all together and fill the bird's cavity. In the oven he goes, and in a while, delicious smells come from the kitchen.

That afternoon, as I'm reading one of my new books, we hear a ruckus and run outside. It's the Tuk Band, with their funny costumes and the music from the penny whistle and drum. So glad they made it all the way to the end of our gap!

Later Dad goes off to pick up Granny and Grandad and Granny has brought her jug-jug! Mum and I are in the kitchen as the potatoes get mashed and the carrots and peas are cooked up together. A British couple who are staying on the island are also invited; we always like to share our Christmas dinner with people far from home.

We all sit down and hang on to our Christmas crackers and pull: Crack!

There are bursts of laughter and lots of rustling as paper hats go on and jokes are read out loud.

Now we are ready! Let the feast begin!

Queen's College PTA Update

by Tisha Peters

The Queen's College PTA held its Annual General Meeting on October 28th, 2023. Mrs. Somlata Bispat retained the presidency and will also represent the PTA on the Board of Management. Mrs. Michelle Smith-Mayers was elected Vice President; Shawn Babb as Treasurer; Mrs. Lisa Cummings as Secretary; Mrs. Sharon Archer as Assistant Secretary-Treasurer; Mrs. Keria Cave as Public Relations Officer, and the three floor members are Peta Smith, Michael Grant, and Christopher Waterman.

In observance of International Men's Day, the PTA presented all the male staff of the school with a little token of appreciation.

Independence celebrations for the PTA were held on November 25th, 2023. The day saw some events with parents and children participating. The QC Dads had its first Road Tennis Competition and saw Mr. Abbie Clarke walking away with the champion title.

Parents, teachers and students were invited to participate in an Independence Market, showcasing their small

businesses. This showcased some eight businesses, from massaging services, to mouth-watering fish cakes.

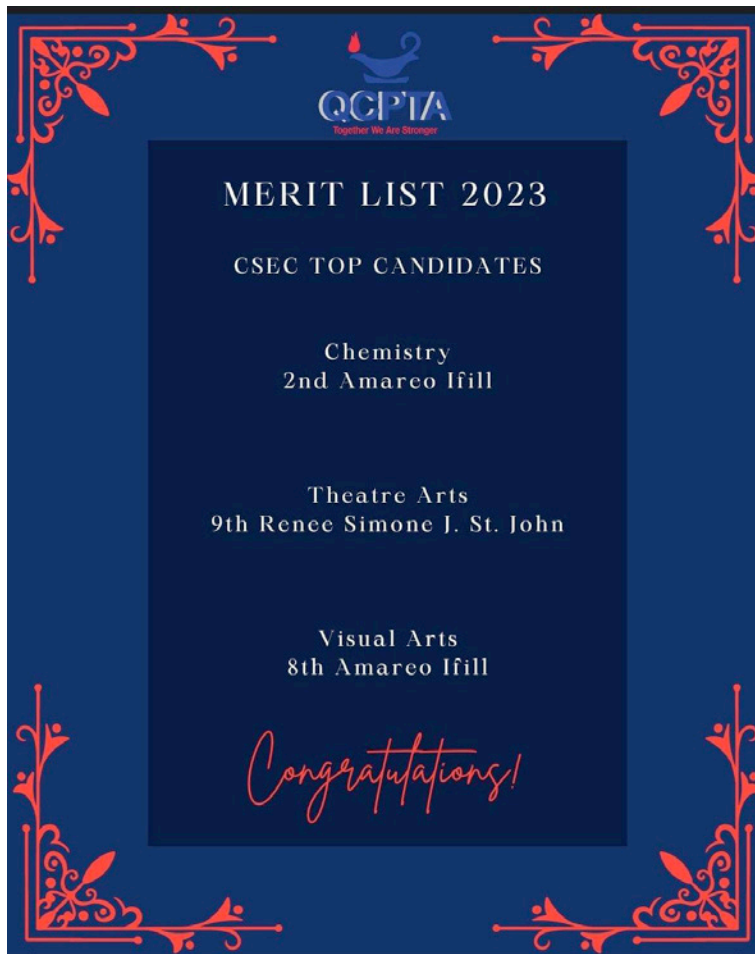
The evening came alive with a local movie "Unusual Suspects". The movie attracted students, who not only came out to enjoy local talent, but to socialize with their friends.

The PTA continues to support the school especially the Benevolent Fund. The term will end with the QC Cares Charity Drive – a collaborative effort with the Guidance Counselor to collect donations for the less fortunate families during the Christmas holidays.

2024 will commence with a "New Year's Thanksgiving Service" on January 6th.

The QCPTA pledges to unite parents, teachers and children of our school in the common goal of promoting the well-being of all.

Season's greetings and best wishes for 2024 from the members of the Queen's College PTA.



QCPTA
Together We Are Stronger

MERIT LIST 2023

CSEC TOP CANDIDATES

Chemistry
2nd Amareo Ifill

Theatre Arts
9th Renee Simone J. St. John

Visual Arts
8th Amareo Ifill

Congratulations!



QCPTA
Together We Are Stronger

MERIT LIST 2023

CAPE TOP CANDIDATES

Art and Design Unit 1
2nd Nishani Dahoma

Law Unit 1
1st Riciann T Alexander
3rd Frances M M Caesar
3rd Nishani Dahoma
3rd Charity Devonish

Art and Design Unit 2
2nd Hannah R Maynard
2nd Salena J Rudder
8th Elena Scantlebury

Building & Mechanical Engineering
Drawing Unit 2
5th Ajani M Headley

Environmental Science Unit 2
5th Mackenzie Yearwood

Congratulations!

Mental Wellness Resources for Everyone

by Dr. Catherine Trotman and Kathie Daniel

The holiday season can be extremely stressful for many people, for many reasons. Financial stress, relationship issues, general struggles in many areas... all of these and more! Thankfully there are several resources available to help people cope.

Clinical psychologist Dr. Catherine Trotman offers the following information on this topic, in a recent presentation to the Rotary Club.

Mental Health is the overall state of your mind, Positive mental health is a state of well-being in which individuals can cope with life's challenges, work productively, and contribute to their communities.

Mental Illness is a medical condition that disrupts a person's thoughts, emotions, and behavior, leading to impaired functioning, e.g. schizophrenia, & OCD (Obsessive Compulsive Disorder.)

Dr. Trotman strongly recommends that everyone engage in some form of self-care activities and lists the following: **physical activity; healthy eating; adequate sleep; avoid procrastination; engaging hobbies: reading; music; creative expression; social connection; limit screen time & digital detox; mindfulness and meditation; journaling; nature and fresh air ; seek joy; set boundaries; practising gratitude; seeking professional help.**

What Does Professional Help Look Like?

Psychiatry

- › • A medical doctor specializing in mental health
- › • Diagnoses and treats mental health disorder with medication

Clinical Psychology

- › • Diagnoses and treats mental health disorders with talking psychotherapy

Counselling Psychology

- › • Focuses on normative developmental mental health issues, as well as systemic challenges

When Do I Seek Professional Help?

Persistent Symptoms: e.g. intense sadness, anxiety, anger, hopelessness, or irritability that last for several weeks or longer.

Impaired Functioning: When mental health affects daily life, work, relationships, or academic performance, e.g. struggling to concentrate, sleep, or maintain relationships due

Thoughts of Self-Harm or Suicide: Active or passive thoughts of self-harm or suicide, or feeling that life is not worth living



Substance Abuse: Using drugs, alcohol, or other substances as a way to cope with emotional pain or stress

Changes in Eating or Sleeping Patterns: Significant changes in appetite, eating habits, or sleep patterns can indicate an underlying mental health issue and warrant professional attention.

Sudden Mood Swings: Extreme mood swings, intense episodes of anger or panic, or feeling out of control.

Isolation and Withdrawal: Withdrawing from social activities, isolating yourself, or avoiding situations you used to enjoy.

Persistent Physical Symptoms: Chronic headaches, stomachaches, unexplained pain, or other physical symptoms without a medical explanation

Trauma or Significant Life Changes: Experiencing traumatic events or major life changes (divorce, loss of a loved one).

Lack of Joy or Interest: Changes in the ability to experience pleasure or interest in activities you once enjoyed

Relationship Issues: If your relationships are consistently strained or causing distress

Unmanageable Stress: Stress that is overwhelming and affecting your ability to cope

Where Do I Seek Help?

Qualified Psychologists in Barbados must be registered with the Paramedical Council.

The Barbados Society of Psychology has a list of members on their Facebook page.

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Mental Wellness Resources for Everyone *Continued from Page 15*

Psychiatrists must be registered with the Medical Council.

For emergency help visit the A&E at QEH or call 511

Crisis and Suicide Prevention Resources

- **CASA Barbados Mental Health Crisis Hotline** 246-264-7151 (5 p.m.-11 p.m.)
- **Samaritans Barbados Crisis Hotline** 246-429-9999
- **Psychiatric Assessment Unit (Psychiatric Hospital) 246-536-3091**
- **Barbados Family Planning Counselling Support** 246-426-2027

Substance Use Counselling & Rehab

- **CASA Barbados** 246-427-5953
- **Drug Education & Counselling Services** 246-435-8148 or 246-233-8148
- **National Council on Substance Abuse** 246-535-6272
- **Verdun House & Marina House - Substance Abuse Foundation Inc** 246-243-0038

We hope that this information can help someone get through difficult times and we wish everyone a peaceful, safe and healthy holiday season!

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**MERRY
CHRISTMAS**

— AND —
HAPPY NEW YEAR

from

The College Bell Newsletter
Team!

